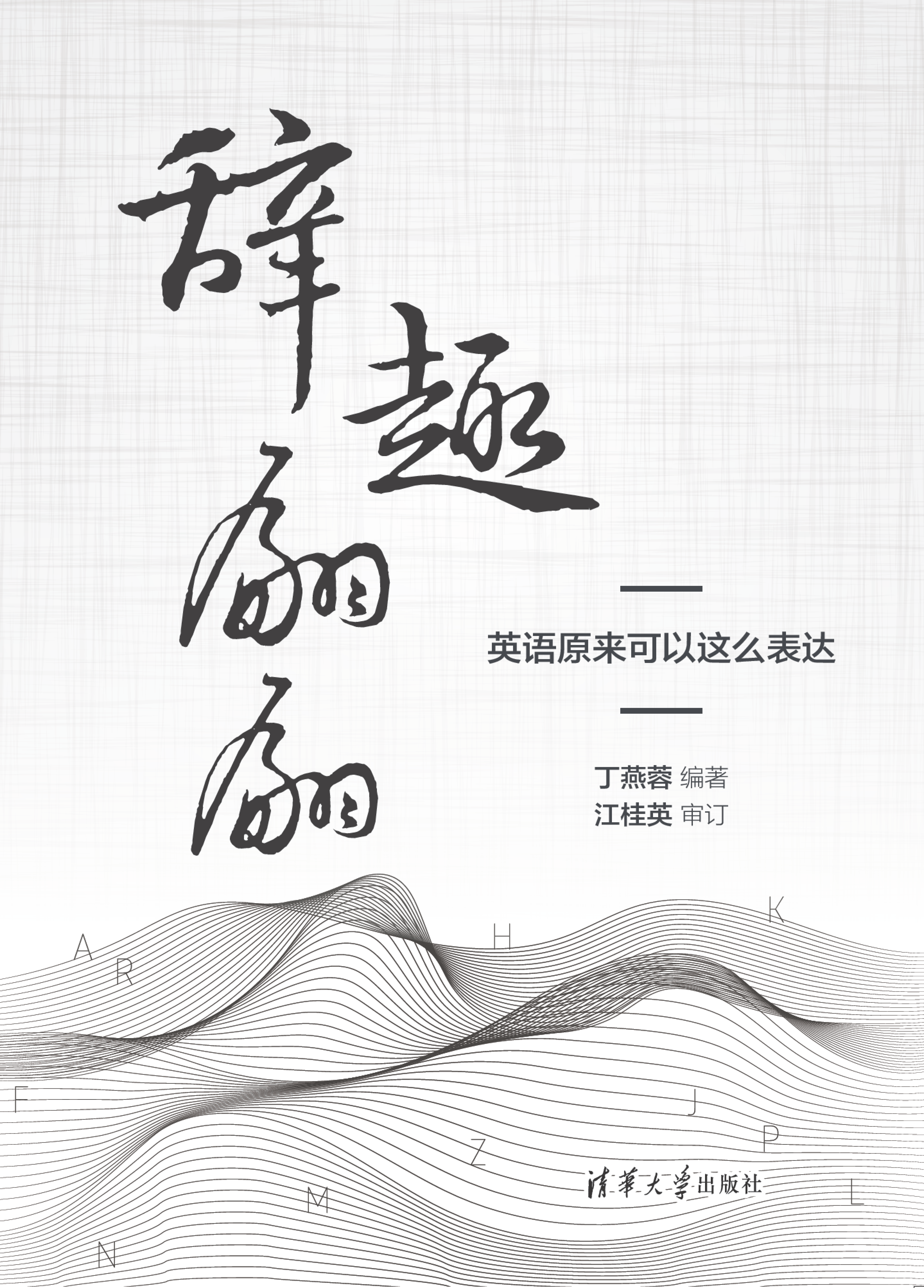
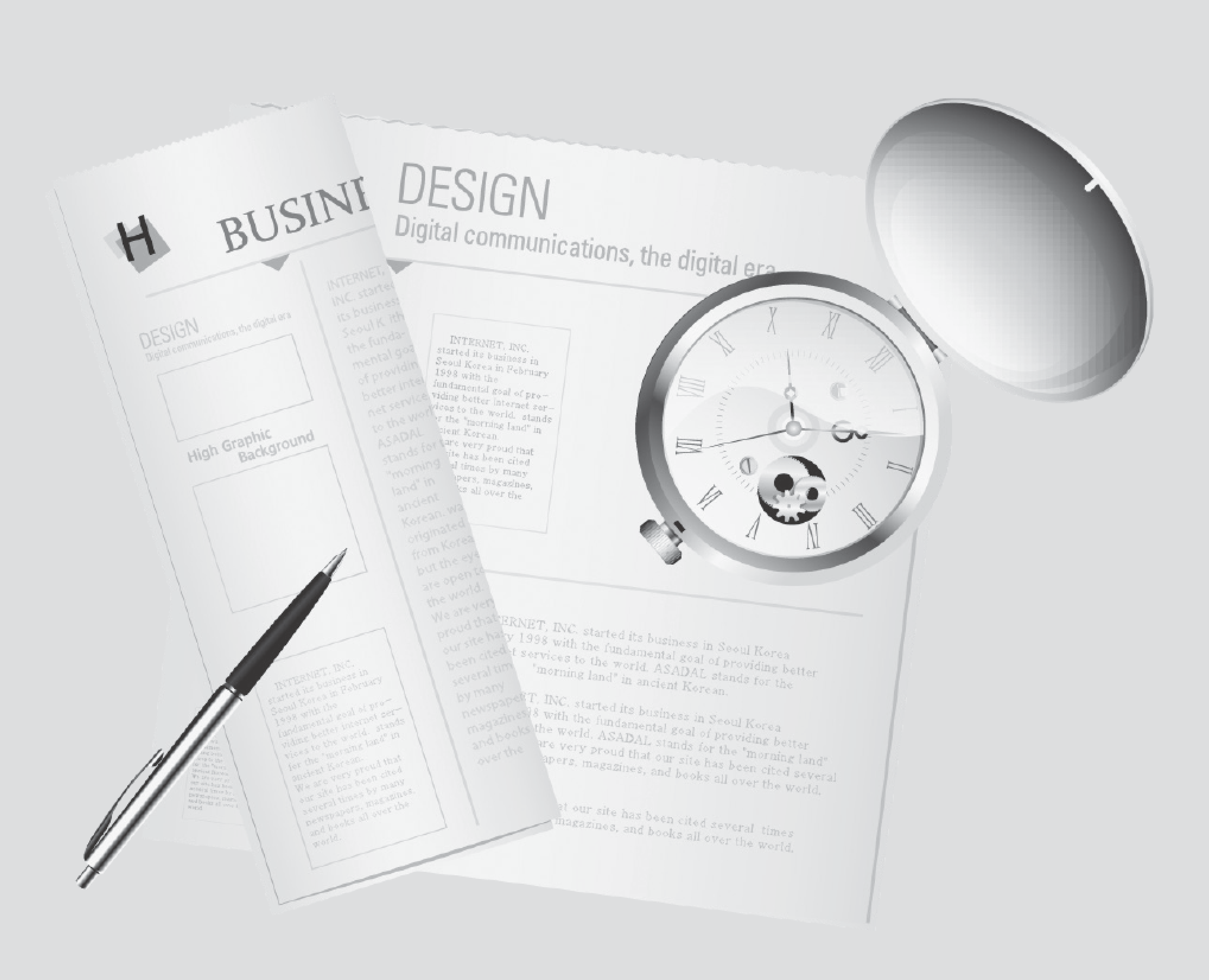


辞趣翩翩
英语原来可以这么表达
丁燕蓉 编著
江桂英 审订
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北京

内 容 简 介

本书汇集了含引申义的常用词汇、高使用频率的表达法、词性变化而词义不变或者延伸的基本词汇、可多领域灵活使用的表达法、由谚语或名言改写而来的表达法。编排逻辑经过科学验证，词汇范围贯穿生活始终，学习方法能举一反三，帮助读者掌握精准、地道的英文表达。

本书按主题范围将这些词汇和表达法分为五个部分，分别为：(1) 人及社会环境；(2) 自然环境与农业、动植物；(3) 社会和国家机构；(4) 娱乐活动与体育运动；(5) 文化和艺术。方便读者分门别类进行整理和记忆，并灵活运用。

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前　言

表词达意，先有词而后有意，精准、地道的英文表达离不开词汇的积累。虽然英语词汇的相关书籍林林总总，但是适合你的那本词汇秘籍，必然是编排逻辑经过科学验证、词汇范围贯穿生活始终、学习方法能举一反三的。本书正是基于这几方面的考虑，以便于读者记忆、存储和提取运用，从而增强英语语言表达能力编写而成的。

一、基于日常词汇，以不变应万变

英语词汇量有上百万，常人难以全部内化，但是万变不离其宗，词汇积累在精而不在多。

本书的最大特色在于收集了以下几类词汇和表达法：（1）常用词汇的引申义。例如，"on the table"除了字面意思"在桌子上"，它的引申义"摆在桌面上进行讨论的；公开的"也常被英文母语者使用。（2）高使用频率的表达法。例如，我们经常使用的"worried（担心的；焦虑的）"，其实可以用"on pins and needles"（"坐在针毡上"的那种焦虑）来表达。（3）词性变化而词义不变或者延伸的基本词汇。例如，"boss"作名词的本义为"老板"，而作动词的常用义为"指挥"。"land"作名词表示"土地"，但是表达"找到工作"可以用"to land a job"（"land"作动词的常用义为"使……登陆"，这里引申为"找到"）。（4）可多领域灵活使用的表达法。例如，"Goldilocks effect（金发女孩效应）"可以指友谊关系。"not too close, not too distant, just right（不太亲密，不太疏远，刚刚好）"，也可以活用为选男友的标准——"not too handsome, not too ugly, just right（不太帅，也不太丑，刚刚好）"，还可以指食物的味道——"not too hot, not too bland, just right（不要太辣，也不要太淡，一般就好了）"。（5）由谚语、名言改写而来的表达法。例如，笛卡尔的"I think therefore I am.（我思故我在。）"，对于很多爱发朋友圈的人来说就是"I share therefore I am.（我分享故我在。）"；对于购物狂来说，他们秉持的理念就是"I shop therefore I am.（我购物故我在。）"；在讲述睡眠重要性的时候，也可以提出"I sleep therefore I am.（我睡觉故我在。）"。

二、忠于学科分类，全方位修炼内功

语言来源于生活，也终须服务于生活。相信不少人都有过认真捧起一本英语词汇书，却始终都停留在"List A"的经历，久而久之，英语学习的信心与兴趣也都被消耗殆尽。

然而，本书采用学科分类法，将看似无序的英文词汇回归到与日常息息相关的工作、学习、生活等场景中去，真正帮助读者做到信手拈来、学以致用。本书涉及五大领域：（1）人及社会环境；（2）自然环境与农业、动植物；（3）社会和国家机构；（4）娱乐活动与体育运动；（5）文化和艺术，总共囊括二十七个学科话题。笔者再从各个学科中提取出最具代表性和实用性的英文表达，全方位、多领域、有条理地精心挑选地道表达法，通过具体的学科场景带领读者顺利完成词汇的积累，告别以往英语词汇书的“A 篇诅咒”。

另外，笔者在二十七个学科话题后面增加了“介词词组”部分，以针对性地解决部分中国学生在写作表达方面的困难。每个摘录的英语句子都附带参考译文，以最大效率地帮助学生理解、记忆、内化，并加以灵活运用。

三、源于科学研究，直达词汇真宗

回想牙牙学语的幼童，第一堂识字课都离不开“爸爸、妈妈；眼睛、鼻子、耳朵和嘴巴”。这些词汇，不仅发音简单，而且本身是具象的、贴近生活的、符合高效“路径构造”的。根据 Adele E. Goldberg（1995）提出的英语“way”构式和国内学者张辉教授等人的“二语构式加工的神经认知机制研究”，我们知道：不同的构式，可接受度是不一样的。其中，暗示了路径构造的方法类构式可接受度最高，描述了移动的伴随行为或状态的方式类构式可接受度次之，纯粹编码一个行为的表达方式可接受度是最低的。对于英语母语者来说，语言表达法中的具体词汇往往比一般词汇的可接受度更高。由此，便不难理解，英语母语者为何更倾向于用“pros and cons”（暗示了👍和👎）表示“优缺点”而非“advantages and disadvantages”，用“cost an arm and a leg”表示“代价巨大”，用“as American as apple pie”表示“典型美国式；美国特色”，用“rosy”表示“美好的”。

据此，笔者近五年来重点收集了五十多个热门话题，广泛借鉴英语母语研究员、资深作家、记者、对话题感兴趣或有实际经验体会的人士所撰文章。笔者在执教期间布置了相同的话题给学生写作，发现国内学生在同一主题的表达方式上与英美习惯表达法存在很大差异。因此，笔者就英美资深人士的文本句子进行摘录、整理和汇编，力图让读者感受到英语词汇的魅力，把词汇学习这场耐力赛变得如儿时初识“eyes and nose”一样轻松有趣。

由于篇幅有限，本书收录的表达可能不尽完整，但求能起到抛砖引玉的作用，让读者有一种“英语原来可以这么表达”的感觉，引导读者积累更多可接受度较高的、地道的英语表达法。

衷心感谢厦门大学外文学院江桂英教授，本书系其主持的“基于使用的语言习得观与大学英语课程有效性关系研究”（厦门大学“双一流”2018 年度建设项目繁荣计划专项）项目成果之一。

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2018 年 12 月

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五、文化和艺术

一、人及社会环境

1. 人

☛ **arm 胳膊**——an arm and a leg 一只胳膊和一条腿——cost an arm and a leg 价格昂贵；付出巨大的代价

It does not ***cost an arm and a leg***, and it works.

它不用***花一大笔钱***，而且还很有效。

☛ **ash 骨灰**——in ashes 灰飞烟灭

By the 1970s, the classic Hollywood studio system was ***in ashes***; the producers and directors who had made wonderful film careers using "mature" actors of the previous generation like Bette Davis and Joan Crawford were no more.

20 世纪 70 年代，经典的好莱坞片厂制度***灰飞烟灭***了；也再也没有制片人和导演录用像贝蒂·戴维斯和琼·克劳馥这一代"成熟"的演员而创造出精彩的电影事业了。

☛ **backbone 脊柱**→支柱

Social Security is the ***backbone*** of the nation's retirement system.

社会保障是国家退休制度的***支柱***。

☛ **bend 弯腰**——drive sb. round the bend 把某人逼疯；令某人抓狂

My older son, preparing to student-teach middle-school math next fall, has completed most of his college homework while listening to music or a video online and reading text messages coming in on his phone—a situation of divided attention that would ***drive me round the bend***.

我大儿子在准备明年秋季的中学实习，教数学。他一边听着音乐或看在线视频，还一边读着手机上的短信，却也已经完成了大部分的大学作业——但这种分散注意力的做法会***令我抓狂***。

☛ body 身体——body bag 带有拉链的运尸袋→死亡

Unless the president acts now by resuming transfers, he risks prolonging the hunger strike until the inevitable deaths begin. The men need to know there is a way out of Guantánamo other than by ***body bag***.

除非监狱长现在采取行动，即恢复转移囚犯，否则就有可能延长绝食抗议，直到不可避免地有人开始死亡。囚犯要知道：还有办法出关塔那摩监狱，而不是***等死***。

☛ bone 骨头——in one's bones 从骨子里→凭直觉

The key to training is reaching the point of beyond, where everything hones in and you move automatically, knowing ***in your bones*** what you have to do.

训练的关键是达到一种超越的境界：一切砥砺奋进，你也自动前行，***凭直觉***就知道该做什么。

☛ bone 骨头——to the bone 到极点；彻骨地

Workers are dying in preventable factory fires because the world's leading retailers—from Wal-Mart to Gap to H&M—make their clothes in countries where labor laws are not enforced and demand that their contract factories slash production costs ***to the bone***.

工人死于可预防的工厂火灾，因为世界上主要的零售商——从沃尔玛到 Gap 到 H&M——在没有劳动法的国家里做衣服，并要求签合同的工厂***大幅度***削减生产成本。

☛ brain 脑袋——brainer 费脑筋的事——no-brainer 明摆着的事情；不费脑筋的事；容易处理的问题

But it's a ***no-brainer*** that Ferguson needs more cops who look like the people they patrol.

但***显而易见的是***：弗格森镇需要更多的警察，而且这些警察看起来要像他们巡查的对象。

☛ cheek 脸颊——with tongue in cheek 假惺惺地；言不由衷地；挖苦地

With tongue in cheek, I say we need more college students to major in political science so they can lobby our government to stand up to mercantilism of other countries.

言不由衷地说，我们需要更多的大学生主修政治学，这样他们就可以游说政府对抗

其他国家的重商主义。

☛ crack（嗓音）变化→成长

We felt that high schools with 600 to 900 students were large enough to offer a full and solid curriculum, but small enough so students were known well by their teachers and didn't get lost in the ***cracks***.

我们认为，拥有六百至九百名学生的高中规模足够大，能够提供完整而扎实的课程，但也足够小，学生因此能为老师所熟知，不会在***成长***过程中迷失自我。

☛ DNA 脱氧核糖核酸→本质；特点

While organizations enact telecommuting policies in various ways, it behooves them all to begin by examining the ***DNA*** of their workplace culture.

组织机构通过各种方式制定远程办公政策时，应该要先审视一下办公室文化的***本质***。

☛ ear 耳朵——earful 令人吃惊的回答；怨言——give sb. an earful 数落某人一番

And if I'm wrong and our future is one of cataclysmic caffeine scarcity—one in which lattes cost an astronomical $4.75 instead of the totally reasonable current price of $4.25—come to Portland and ***give me an earful***.

如果我错了，而且我们未来面临的是灾难性的咖啡因短缺——这造成了一杯拿铁的价格是天文数字般的 4.75 美元，而不是现在完全合理的 4.25 美元——就到波特兰市来***数落我一番***。

☛ ear 耳朵——wet-behind-the-ears 乳臭未干的；初出茅庐的

Network news faces competition unimaginable when that ***wet-behind-the-ears*** desk assistant was assured the world was not going to change.

网络新闻面临着难以想象的竞争，而此时，***初出茅庐的***助理却确信世界是不会改变的。

☛ eye 眼睛——blink an eye 眨眼睛→应接不暇；不习惯

We are used to it already in the corporate world: careers start in Delft and end in Delhi without anyone ***blinking an eye***.

企业界已经习惯这样了：在代尔夫特开始职业生涯，在德里结束职业生涯，没有人会***不习惯***。

☛ eye 眼睛——clear-eyed 视力良好的→头脑清晰的；有洞察力的

And amid the scramble to avoid being late for gymnastics, the whole family might take note—as the psychologist Wendy Grolnick and her co-author Kathy Seal remind in their ***clear-eyed*** book *Pressured Parents, Stressed-out Kids*—that the real problem in this country "isn't that middle-class kids have too many activities but that less privileged kids don't have enough".

在争分夺秒健身的过程中，全家人也许会注意到——正如心理学家温迪·格罗尔尼克和她的合著者凯西·西尔在她们***有洞察力的***《压力过大的父母，不堪重负的孩子》一书中所提醒的那样——这个国家真正的问题"不是中产阶级的孩子有太多的活动，而是不那么富裕的孩子没有足够的活动"。

☛ eye 眼睛——eye-for-eye 以眼还眼；报复

Despite a decrease in crime over the past decades, in many urban neighborhoods, an ***eye-for-eye*** "code of the street" prevails.

尽管过去几十年里犯罪率有所下降，但一种***以眼还眼***的"街区规范"却在许多城市社区大行其道。

☛ eye 眼睛——jab one's eyes out 猛戳眼球→惊爆眼球

Your romantic Facebook messages about how you and your beloved are "soul mates" are making your friends want to ***jab their eyes out***.

你在脸书上留下的关于你和挚爱的人如何成为"灵魂伴侣"的浪漫信息会***惊爆***朋友的***眼球***。

☛ eye 眼睛——remain in the public eye 留在公众视线里→仍受公众关注

Whatever happens with the race for the mayor, Anthony Weiner and Huma Abedin will undoubtedly ***remain in the public eye***.

由于竞选市长，所以不管发生什么事，安东尼·韦纳和胡玛·阿贝丁将毫无疑问地***继续受公众关注***。

☛ eye 眼睛——turn a blind eye 视而不见

It is also clear from my experience that employers are not going to stop this practice if the government continues to ***turn a blind eye***.

根据我的经验，很明显，如果政府继续***视而不见***，雇主是不会停止这种做法的。

☛ **eyeball 眼球**——compete...for eyeballs 博眼球，引起注意

This follows the traditional advertising-supported model while reducing the cost of production by providing a marketplace where amateurs, prosumers, and professionals ***compete*** alongside each other ***for eyeballs*** in any time and any device model.

这遵循了传统的广告支撑模式，同时降低了生产成本，因为它的市场模式是业余爱好者、生产消费者和专业人士可随时在任何设备模型方面相互竞争以***博眼球***。

☛ **eyes 眼睛**→视角

At what other stage of life will you be able to spend four months studying abroad, where you learn the local language and try to understand life through new ***eyes***?

人生的其他阶段，你还能花四个月的时间到国外学习，学习当地的语言，通过崭新的***视角***来了解当地的生活吗?

☛ **eyes and ears 眼睛和耳朵**→眼线

Luckily, my skills also included the humility to seek out brilliant local colleagues, who became my ***eyes and ears*** in each market.

幸运的是，我的技能还包括谦逊地寻找优秀的本土同事，他们都成了我在各个市场的***眼线***。

☛ **eyesore 难看的东西**→眼中钉

When Mitt Romney's childhood home was demolished last year in Detroit, neighbors were relieved that the "***eyesore***" was finally gone.

去年,米特·罗姆尼在底特律的童年故居被拆除时,邻居们松了一口气,因为"***眼中钉***"终于消失了。

☛ **face 脸**——cut off one's nose to spite one's face 割掉鼻子报复自己的脸→用伤害自己的方式来解决已有的问题；得不偿失

Thus, cities might be ***cutting off their nose to spite their face*** if they look at bank donations to their land bank as a solution to the foreclosure crisis.

因此，如果城市把对土地银行的银行捐赠作为房屋止赎危机的解决方案，那么，可能会***得不偿失***。

☛ **facet（骨或其他硬部位的）小（平）面**→方面

In short, there are many ***facets*** to crafting a workable response.

简而言之，制定一个可行对策要多***方面***考虑。

☛ **fingertip 指尖**——have sth. at one's fingertips 近在手边；随时可以使用

Indeed, it is. Just like fatty foods taste good, and sitting in a car for even short trips is relaxing, having an iPad makes us feel like we ***have the world at our fingertips***.

事实上，就是这样。就像富含脂肪的食品味美一样，也像坐在车里哪怕行驶短短一段路能让人放松一样，拥有一台平板电脑也会让人觉得***世界触手可及***。

☛ **flesh 肉体**——in the flesh 以肉体形式→本人；亲自

It makes plain that we don't really know other people until we've met them ***in the flesh***.

很明显，遇到他们***本人***之前，我们并不真正了解他们。

☛ **flesh 肉体**——make people's flesh crawl 使人起鸡皮疙瘩

Heroes like Theodore Roosevelt, Winston Churchill and Woodrow Wilson avowed racist beliefs that today would ***make people's flesh crawl***.

西奥多·罗斯福、温斯顿·丘吉尔和伍德罗·威尔逊等英雄公开宣布的种族主义信仰，如今却***令人毛骨悚然***。

☛ **flesh 肉**——pounds of flesh 好几磅肉→很大的利润

Speculators are taking ***pounds of flesh*** in the commodity exchanges.

投机商在商品交易中赚取***很大的利润***。

☛ **flesh and blood 肉体和血液**→血肉之躯；情欲

Bringing ***flesh and blood*** into the world of ideas is something even the most jaded reporters will celebrate with ink, photos and links.

让思想***有血有肉***，是那些最疲惫不堪的记者们用笔墨、照片和链接想要做到的事情。

☛ **foot 脚**——back foot 防守状态；陷入被动；不利境地

Social justice advocates, already in a precarious position, will be further pushed onto the ***back foot***.

本已处于危险境地的社会公正提倡者，将被进一步推向***不利境地***。

☛ **foot 脚**——foot the bill 买单

Now her great-grandson, who with his brother inherited 17 million pounds sterling, is expecting us to ***foot the bill*** for his wedding.

现在，她那位曾孙，虽与他的兄弟共同继承了 1 700 万英镑，却期待我们为他的婚

礼***买单***。

☛ foot 脚——vote with one's feet 用脚投票（用退场或者弃权来表示不赞成）

The inability of parents and students to ***vote with their feet***—and dollars—makes them prisoners of policies that have steadily ratcheted up to serve the educational institutions rather than the children.

家长和学生无法***用脚投票***，也无法用金钱操控，只能沦为政策的囚徒，而这些政策一直在逐步升级，服务的是教育机构，而不是学生。

☛ guts 内脏→勇气

Here's hoping a judge has the ***guts*** to do the right thing.

希望法官有***勇气***做出公正的裁决。

☛ hair 头发——bad hair day 不如意的一天（日子）；不愉快的一天（日子）

Soaps offered an entertaining escape to where budgeting constraints and ***bad hair days*** didn't exist, where we could see how the "rich" lived, and experience—even if just for an hour a day—a part of their fictional lives that seemed vastly more exciting than our own.

肥皂剧提供了一种有趣的逃避方式，逃到没有预算限制和没有***不如意日子***的地方，这里我们可以看到"富人"如何生活，然后经历——哪怕只是每天一小时——富人虚构生活的一部分，这似乎比我们现实的生活更令人兴奋。

☛ hair 头发——by a hair 差一点，险些

So the First Amendment wins, but only ***by a hair***.

因此第一修正案赢得通过，但只以***微弱优势***。

☛ hair 头发——within a hair's breadth 只差一点，差点

When paired with the political reality that no new law on climate change is likely to pass any time soon, this comes ***within a hair's breadth*** of saying that climate change is not a problem for law to address at all.

考虑到气候变化方面的新法律不太可能很快通过的政治现实，那么，这就***几乎可以***说明气候变化根本不是法律要解决的问题。

☛ hand 手——hand-in-hand 手拉手的→并进的；息息相关的

Winning hearts and minds goes ***hand-in-hand*** with service and protection.

赢得人心和思想是同服务和保护***息息相关的***。

☛ **hand 手**——hands-on 亲自动手的→亲身实践的

Allowance money also gives them ***hands-on*** experience with financial transactions, which in the modern world are mostly invisible to a child.

零用钱也让他们有金融交易的***实际***经验，而这在现代社会通常被孩子无视。

☛ **head 头**→领导，老板

And if the government wants to bring down the obesity rate in this country quickly, it's going to take aggressive policies with far more bite. These policies will necessarily be less "realistic" than what the ***head*** of Wal-Mart could ever willingly stomach.

如果政府想要迅速降低本国的肥胖率，必将采取更激进的、更有诱惑力的政策。与沃尔玛***老板***所能欣然接受的相比，这些政策必然不会那么“现实”。

☛ **head 头**——go head to head with 齐头并进→与……并驾齐驱，不相上下

We have an inequality index that can ***go head to head with*** Egypt's.

我们的不均衡指数与埃及***不相上下***。

☛ **head 头**——head off 转移方向→阻止

Without a different outlook on how to treat or identify people with serious mental illnesses, we are unlikely to ***head off*** many of the tragedies like Representative Gabrielle Giffords' shooting in Arizona or Colorado.

对于如何治疗或鉴别患有严重精神疾病的人，如果没有不同的观点，那就不太可能***阻止***许多悲剧的发生，例如议员加布里埃尔·吉福兹在亚利桑那州或科罗拉多州遭遇枪击。

☛ **head 头**——head start 先行一步的优势，领先一步

As a former children's librarian, I always trembled at mothers who visited my library to request *The Adventures of Huckleberry Finn* or *A Tale of Two Cities* for their third grader, often because they wanted to give their child a ***head start*** or because they believed mistakenly that more age-appropriate literature didn't offer the intellectual challenge that they wanted for their child.

作为一名前儿童图书管理员，面对来图书馆给读三年级的孩子借《哈克贝利·弗恩历险记》或《双城记》的母亲时，我总是有点担心，这往往是因为她们想让孩子***领***

先一步或因为她们错误地认为更多的适龄读物智力上不够富有挑战性，而她们希望孩子面对足够的挑战。

☛ **head 头**——hold one's heads high 昂首挺胸→心高气傲

After all, wronged women, especially highly visible or educated ones, are expected to ***hold their heads high***. That usually means walking away.

毕竟，饱受委屈的女人，特别是受高度关注的或者高学历的女性，可能都会***心高气傲***。这通常意味着就这样走掉。

☛ **head 头**——talking head 电视受访者，出现在电视（或电影）屏幕上发表谈话的人

For over 16 years, Jon Stewart and his team at *The Daily Show* have criticized journalists for failing to adequately challenge the claims of politicians and ***talking heads***.

十六年来，乔恩·斯图尔特和他的团队已在《每日秀》中批评新闻工作者未能充分挑战政客和***电视受访者***的言论。

☛ **head or tail 头或者尾**——make head or tail of sth. 搞清楚某事

But my high school French classes must have been light on bureaucratese, because I couldn't ***make head or tail of it***.

但我高中的法语课堂肯定没有讲授太多官僚主义的内容，因为我根本没有***搞懂***。

☛ **heart 心脏**→核心

The reason that both these statements are true goes to the very ***heart*** and purpose of the patent system.

这两种说法都是正确的，原因在于专利制度的***核心***和目的。

☛ **heart 心脏**——at heart 本质上；内心里

Among the innovators are people of all ages who are single ***at heart***.

创新者当中，有各个年龄段的人，但他们***内心里***都还是单身。

☛ **heart 心脏**——heart-rending 令人心碎的

The story of recent immigration enforcement is full of ***heart-rending*** accounts of good people—fathers, veterans, small business owners—being banished as a result of small mistakes.

最近，移民执法的报道全是些父亲、退伍军人、小企业主这样的好人的***令人心碎的***经历：由于一点小错就被驱逐。

☛ **jaw 下巴**——jaw-dropping 下巴快掉下来的→令人极度惊讶的，骇人听闻的，触目惊心的

One insider who has seen the report said it was pretty ***jaw-dropping*** stuff.

一位看过那份报告的内部人士说那是相当***触目惊心的***。

☛ **lip 嘴唇**——lip service 空口的应酬话，表面文章，空头支票

Employers should also sponsor nutrition and exercise programs to help employees earn those discounts. These strategies will address obesity with more than ***lip service***.

雇主还应该赞助营养和锻炼项目，帮助员工获得折扣优惠。这些策略将实际解决肥胖问题，而不仅仅是做***表面文章***。

☛ **muscle 肌肉**——muscle one's way 使劲；想尽一切办法

Muscling one's way to the nomination isn't a practice unique to the Bushes—in 1995, Bob Dole's campaign told Republican governors that their disloyalty wouldn't go unnoticed.

想尽一切办法获得提名并不是布什家族独有的做法——1995 年，鲍勃·多尔的竞选团队告诉共和党州长，他们的不忠不会就这样算了。

☛ **new blood 新鲜血液**→富有朝气、充满活力的新生力量

Are some older employees blocking the way for ***new blood*** in American offices and workplaces?

在美国的办公室和职场，是否有一些年长的员工阻碍了***新生力量***的发展？

☛ **nose 鼻子**——follow one's nose 凭直觉行事

How can you, a Democrat, just ***follow your nose*** in vetoing the GOP budget? You have to justify your option.

你，一个民主党议员，怎么能够在否决共和党提出的预算案方面只***凭直觉行事***呢？你应该证明你的选择。

☛ **skin 皮肤**——have skin in the game 参与其中，成为其中的一部分

Congress should change the law so that colleges and universities ***have skin in the game*** when they include loans in the financial aid "packages" that hundreds of thousands of college students are receiving as we speak.

国会应该修改法律，这样各个大学就会***参与其中***；如果贷款也算在一揽子经济援助

计划里，那么，成千上万的大学生在我们宣传的时候就获得了该项援助。

☛ **skin 皮肤**——thin-skinned 皮薄的→脸皮薄的；敏感的

I'm not ***thin-skinned***. In some instances, harassing messages are almost easy to dismiss, the users easy to block.

我不是***脸皮薄***。某些情况下，对骚扰信息不予理会几乎轻而易举，用户也很容易被屏蔽。

☛ **stomach 胃**→吃下；忍受

Conservationists could never ***stomach*** the cruelty involved in the wounding of animals.

动物保护主义者无法***忍受***伤害动物的残暴行为。

☛ **thumb 拇指**——rule of thumb 经验法则

Dona Matthews, an expert on gifted education, has a good ***rule of thumb***: Don't test your child for "giftedness" if he is happy and engaged at school and is interested in learning.

天才教育家多纳·马修斯有一条很好的***经验法则***：如果你的孩子很快乐，在校学习，并且对学习感兴趣，不要测试他的"天赋"。

☛ **thumb 拇指**——thumbs down (thumbs-down) 拇指向下→不喜欢；责备；不赞成

What most critics at newspapers and magazines produce are reviews: thumbs-up, ***thumbs-down*** consumer advice on whether a book, movie, exhibition or whatever else is worth the investment of time and money.

大多数批评人士在报纸和杂志上写的都是评论：对一本书、一部电影、一次展览或其他值得投入时间和金钱的东西给予好评、***差评***的消费者意见。

☛ **thumb 拇指**——thumbs up (thumbs-up) 翘起拇指→表示赞许（满意、胜利）

At larger institutions, teachers often focus only on scores, which can serve as a rough numeric "***thumbs up***" or "thumbs down".

较大教育机构的教师通常只关注分数，而分数只是"***好***"或者"不好"的粗略数字。

☛ **thumb 拇指**——under the thumb of 受……控制

Stockholm, unlike New York City, decided 20 years ago that it didn't want to be ***under the thumb of*** any existing communications company.

与纽约市不同，斯德哥尔摩二十年前就决定不***受***任何现有通信公司的***控制***。

☛ toe 脚趾——keep sb. on sb.'s toes 让某人保持警觉

It has the added benefit of ***keeping motorists on their toes***, since they don't know what the heck the cyclist will do.

因为不知道骑车的人到底会怎样，所以***让司机保持警觉***会有额外的好处。

☛ tongue 舌头——a slip of the tongue 口误；失言

It is now apparent that his statement was ***a slip of the tongue***. But it has led to enormous loss for the company and he will have to resign from his post.

现在看来，很明显他的说法是***口误***。但是，已经给公司造成了重大损失，他不得不辞职。

☛ tongue 舌头——bite one's tongue 闭嘴

Bite your tongue. Bide your time.

不要嚼舌根。等待时机。

☛ tooth 牙齿——real tooth 真牙→确实可行的措施

We can adopt civilian review boards with ***real teeth*** and encourage a culture in which police respect the citizens they serve.

我们可以采用***可行的措施***进行民事审查，并鼓励警察尊重公民这样的一种文化氛围。

☛ tooth and nail 牙齿和指甲→竭尽全力地，拼命地

The industry has fought such regulation ***tooth and nail***.

该行业已经***竭尽全力地***与此类规定抗争。

☛ underbelly 下腹部→易受攻击的部位、区域，薄弱环节

Disclosure may be valuable, in that it increases the collective knowledge about cyberattacks and may create additional incentives to do more to prevent them, but it doesn't address the ***underbelly*** of this dilemma.

披露可能是有价值的，因为它加强了对网络攻击的集体认识，并可能产生额外的激励措施，以进一步阻止网络攻击，但它并没有消除该困境的***薄弱环节***。

☛ visceral 内脏的→出自本能的；发自肺腑的

However, for courageous artists to continue their work when threats are ***visceral*** and clear they deserve three things: (1) equally courageous publishers; (2) national security leadership that is willing to proactively and rigorously engage jihadists who endanger the very essence of

society; and (3) a public that emphatically demonstrates violence is an unacceptable response to the voicing of differing opinions and the exercise of democratic values will not be discarded in response to fear.

然而，对于勇敢的艺术家来说，面临明显的、***震撼心灵的***威胁时，如果要继续搞艺术，那么，他们应该得到以下三方面的支持：（1）同样勇敢的出版商；（2）国家安全领导方面愿意积极主动地与危害社会本质的圣战分子交战；（3）民众，这样的民众强调对不同意见者施暴的行为是不可接受的，不会因为恐惧而放弃民主价值观的行使。

☛ **weight 体重**→看重；关注

These interventions—easy to implement and essentially free—help to keep politicians honest and have an added benefit: they encourage viewers to pay attention not to surface features but to deeper content, helping us to remember to ***weight*** substance over style.

这些干预措施——易于实施，而且基本上是免费的——有助于保证政治家的诚实，另外还有一个额外的好处：鼓励观众要关注的不是表面的东西，而是更深层次的内容，有助于我们牢记实质***重于***形式。

☛ **whisker 胡须**——by a whisker 差一点点

It's rarely recalled, but John McCain actually led Barack Obama ***by a whisker*** in Gallup's daily tracking at the beginning of June 2008, 46 percent to 45 percent.

很少有人记得，但在盖洛普每日跟踪调查中显示：约翰·麦凯恩于 2008 年 6 月初，以 46% 比 45% 的***微弱***优势领先巴拉克·奥巴马。

☛ **womb 子宫**——between womb and tomb 子宫和坟墓之间→生与死之间

It has dramatized and informed us with metaphors and figures of feeling and thought, mysteries and politics, birth and death, and all the occasions we experience ***between womb and tomb***.

它把情感与思想、神秘与政治、生与死以及我们***在生与死之间***的所有经历都加以戏剧化，并用一些修辞手法让我们了解。

2. 日常行为

☛ **"aha!" moment 大呼"啊哈"的时刻**→恍然大悟的时刻

In the course of these explorations some have an ***"aha!" moment*** that tells them

unambiguously which path is right for them.

探索过程中，有些人有着***顿悟的时刻***，明确走哪条路是正确的。

☛ balloon 气球→如气球般地激增

Far from fragmenting, Chinese language Web content is ***ballooning***—and may soon surpass English content by volume.

中文网站非但没有支离破碎，而且还在***不断激增***——数量上可能很快就会超过英文网站。

☛ ballooning 气球充气的→膨胀的，越来越大的

Prices are returning to levels more on a par with incomes, sprawling developments as well as new intown condos have stalled, while walkable neighborhoods are commanding premiums, and ***ballooning*** house sizes are beginning to come down.

价格正回归到与收入相当的水平，不断扩张的房地产开发以及新的市区公寓建设已停滞，而可以步行上班的社区更值钱了，并且***越来越大***面积的住房也在开始减少。

☛ breadwinning 挣面包→养家糊口

And many men are often just as delighted to be free of the shackles of ***breadwinning*** and feeling unappreciated for their efforts. Being single later in life can feel incredibly liberating.

而许多男人也同样乐于摆脱***养家糊口***的束缚，不会再觉得自己的努力白费。以后的生活中保持单身会让他们觉得无比自由。

☛ comb 梳头→梳理；整理

We, therefore, invited the chairmen of our academic departments to ***comb*** the stacks; books deemed worthy of retention were distributed to respective departments, while those not selected were donated to local nonprofits and public schools.

因此，我们邀请了学术部门的领导来***梳理***这些书库；值得保留的书籍分发给各部门，而未被选中的书籍则捐赠给当地的非营利组织和公立学校。

☛ crunch（脚、车轮等）咬碎声；扎扎地踏→关键时刻

You believe that you are more motivated when in a time ***crunch***, or that you move faster under pressure.

你认为：时间***紧迫的时候***更有动力，或者压力下动作更快。

☛ cry 叫喊——a rallying cry 号召力；共同呼吁

Some say the study is ***a rallying cry*** for those who see home cooking as "time-consuming and often done for a bunch of ingrates who would rather just be eating fast food".

有人说这项研究是在***呼吁***那些把家庭烹饪看作"浪费时间"的人，他们认为"吃的人往往是一群忘恩负义的家伙，吃完才说宁愿吃快餐"。

☛ cry 叫喊——It's a far cry from...to... 同……有着天壤之别

It's a far cry from Walter Cronkite ***to*** Brian Williams the celebrity news reader.

沃尔特·克朗凯特***同***新闻名主播布莱恩·威廉姆斯之间***有着天壤之别***。

☛ dumb 傻的——dumb down 简化；降低难度

Have colleges, in their efforts to keep graduation rates high and students happy, ***dumbed down*** their curriculums?

努力保持高毕业率和学生快乐的同时，大学是否***降低了***课程***难度***？

☛ flip-flop 作后手翻，翻腾，翻转→（观点、态度等的）突然改变（或转变）

Speaking of spinelessness, Mitt Romney has ***flip-flopped***, again, on the assault weapons ban.

说到懦弱，米特·罗姆尼又一次在攻击性武器禁令方面***出尔反尔***。

☛ fray 磨损→破坏

In recent years, though, that vision has ***frayed***.

然而，近年来，这一景象渐遭***破坏***。

☛ gloss over 给予光滑的表面→掩盖，掩饰

But in sugar-coating the holiday and ***glossing over*** important issues regarding migration, religious freedom and the destruction of a way of life for native Americans, have we done a disservice to our nation's history and failed to challenge our children's world view?

但是，在粉饰假日和***掩饰***一些重要问题（例如移民、宗教自由和破坏美国土著人的生活方式）方面，我们是否违背了国家历史？是否没能挑战孩子的世界观？

☛ haul 拖；拉——for the long or short haul 或长或短时期

However, living under the same roof ***for the long or short haul*** will remain a configuration that defines American families in the foreseeable future.

然而，***或长或短时期***生活在同一个屋檐下将仍然是一种生活方式。在可预见的未来日子里，美国家庭会是这样子的。

☛ **hone 用磨刀石磨**→磨炼

Young women should believe successful directing careers are within their reach. They should then train and ***hone*** their craft.

年轻女性应该相信成功的导演生涯是她们力所能及的。接下来，她们应该训练和***磨炼***技能。

☛ **line up 排队**→得到；征集

And even after ***lining up*** an apartment or a room, things can go wrong—things that can generally be managed in a campus residence hall.

即便***租到***一套公寓或一个房间，也可能会有问题，而这些问题住在校内也可以应对。

☛ **lug 用力拉或拖**——lug things 卖力

Fewer Americans today ***lug things*** for a living.

如今，几乎没有美国人会为了生存而***卖力***。

☛ **pat-down 拍打**→搜身安检

Many passengers are disturbed about the nearly-naked images created by the scanners and even more distressed with the thorough ***pat-downs*** for those who refuse to go through the machines.

许多乘客对（机场）安检仪扫描的近乎裸体的图像感到不安，甚至对因拒绝通过安检仪而遭到彻底***搜身***而感到更加难受。

☛ **pick up the tab 捡起账单**→承担费用；买单

Some interactions justify, and are even strengthened by, anonymity—but it often comes with a huge price tag for marginalized communities on the web, leaving women to ***pick up the tab***.

因为匿名，有些互动是合理的，甚至得以加强，但随之而来的往往是在网络上给边缘化社区贴上巨额标签，让女性为此***买单***。

☛ **play 玩**——play down 淡化；缩小

In studies of heroism, psychologists find that heroes often display personal modesty by ***playing down*** the dangers that they faced.

对英雄行为的研究中，心理学家发现：英雄经常表现出个人谦虚，***淡化***所面临的危险。

☛ plod 沉重地走→辛勤工作，埋头苦干

Do you ***plod*** through the day at the office? Are you so tired by the afternoon that exercise is the last thing on your mind?

你是否在办公室里***埋头苦干***了一整天呢？到了下午，你是不是累得根本不想去锻炼身体了？

☛ pull off 脱下→努力实现；完成；做过

His success in stealing the thunder away from what we used to call the “straight news” business is the greatest and funniest joke he ever ***pulled off***.

他成功地在我们过去所谓的“纯新闻”业务方面抢了风头，这是他***开过***的最大、最有趣的玩笑。

☛ rattle 喋喋不休——death rattle 死前的喉鸣→死亡之声

The current discomfort is not a ***death rattle***, but we do need to learn to live with the growing pains.

目前的不适并不是***死亡之声***，但我们确实须要学会忍受成长的烦恼。

☛ scalp 剥头皮→倒卖门票，卖黑市票

In the past few months several new apps have let people pay to get reservations at restaurants where tables are in a great demand. Some essentially ***scalp*** reservations. With others, like Resy, the restaurants themselves sell reservations.

过去的几个月里，一些新的应用程序已经让人可以在经常爆满的餐馆付费预订座位。有一些应用程序基本上是在***倒卖***预订的座位。而其他的应用程序，像 Resy 餐厅订位应用程序，也卖预订座位。

☛ shaky 摇晃的→不可靠的

These arguments are ***shaky*** at best.

这些论点充其量是***站不住脚的***。

☛ show sb. the light 给某人照明→给某人指明方向

Whether it’s VBAC vs. Caesarean, breast milk vs. formula, disposable vs. cloth, or wraps vs. strollers, these moms know what they think and will stop at nothing to ***show you the light***.

不管是剖宫产术后阴道分娩还是剖腹产，母乳还是配方奶，一次性尿布还是布料的尿布，背带式的襄布条还是婴儿车，这些妈妈们都很清楚，而且都乐意停下手头的活***教会你***。

☛ shy away from 羞于→回避

So governing bodies have ***shied away from*** this lofty ideal of integrity and building character and have focused on the social goals of access and winning.

因此，管理机构***回避***了正直和塑造品格这一崇高的理想，并将重点放在获取和取胜的社会目标上。

☛ sit 坐→处于

With the release of the December jobs report, employment now officially ***sits*** at 9.4 percent and over half of those people have been out of work for over six months.

随着12月就业报告的公布，目前官方的就业率***处***在9.4%，超过一半的人失业超过六个月。

☛ slap at the wrists of sb. 打某人手腕→轻度惩罚某人

I believe that this weakness in the face of cheating probably has something to do with the 1960s and certainly underlies the decision to keep ethics courses optional and to merely ***slap at the wrists of*** students who break the rules.

我认为，面对作弊行为却无能为力，可能与20世纪60年代的情况有关，而且肯定导致了这个决策：仍旧把道德课程当成选修课，而对违规的学生仅仅是***打其手腕般的轻度惩罚***。

☛ snap one’s fingers 打响指→引起注意

It would be so wonderful if we could simply ***snap our fingers*** and fix the issue of bias among university professors for good.

如果我们能简单地***引起注意***，永远地解决大学教授的偏见问题，那就太好了。

☛ staggering 蹒跚的→令人惊愕的

Desperate and childless, she began losing herself in Ebay, ran up a ***staggering*** amount of credit card debt, and watched her husband file for divorce.

没有孩子，感到绝望，她便开始沉迷于易趣网上购物，结果信用卡债务达到了***惊人***数目，眼睁睁地看着丈夫申请离婚。

☛ stand 站立→立场

However, since being exploited as an unpaid intern by Fox Searchlight Pictures, I have been forced to take a ***stand***.

然而，作为一名无薪的实习生，受到福克斯探照灯影业的剥削，我被迫表明***立场***。

☛ **stand behind 站在后面**→支持

Yet all over the world, flight attendants are ***standing behind*** Slater's actions.

然而世界各地，空乘人员都***支持***斯莱特的行为。

☛ **step back 后退一步**→不介入；不插手

Or should officials ***step back***, assuming that this arrangement mutually benefits employers and interns?

或者，假设这样的安排对于雇主和实习生来说是互利的，政府官员就应***不插手***？

☛ **stray 走失**→背离

When my husband broke his vows, I, too, chose to keep mine. And when he ***strayed***, I stayed.

我丈夫打破了誓言，可我还是选择遵守诺言。他***背离***，我坚守。

☛ **stride 大步**——make strides 大有进步，取得进展

A recent article in a series in *International Herald Tribune* noted that while German and other European women are ***making strides*** in education and in the workplace, their professional advancement stalls once they have children.

《国际先驱论坛报》最近的一篇系列文章指出，德国和其他欧洲国家的女性在教育和工作中***大有进步***，不过一旦有了子女，她们的专业发展就停滞不前。

☛ **sugarcoat 裹以糖衣**→粉饰；使有吸引力

Happy talk about "collaboration" won't ***sugarcoat*** that fact.

愉快地谈论"合作"不会***粉饰***这个事实。

☛ **tinker 修补**→摆弄；捣鼓

Outside of school, they may disappear to ***tinker*** in the garage or spend endless hours practicing an instrument.

课外时间，他们可能会躲在车库中***捣鼓***车，或者花好几个小时弹奏乐器。

☛ **tried-and-true 经过检验而可靠的**→靠得住的；行之有效的

In New York City and Miami-Dade, I looked beyond traditional constraints and moved past the ***tried-and-true*** perspectives in creating the Chancellor's District and the School Improvement Zone.

在纽约市和迈阿密的戴德，在创建"大臣区"和"学校改善区"方面，我超越了传

统的束缚，采纳了***行之有效的***观点。

☛ wait out 等到……结束→渡过

Family of origin has become a lifeboat for roughly one in five 25- to 34-year-olds who move in with parents to ***wait out*** the economic storm.

原生家庭已成为大约五分之一的 25～34 岁年轻人的救生艇，他们回来跟父母一起住，以便***渡过***经济风暴。

☛ wake-up call 电话叫醒服务→警钟

I have used Turnitin.com as a learning tool in my classes by showing students what percentage of their papers were not cited properly; the alert acts like a ***wake-up call***.

我在课堂上使用 Turnitin.com 这个网站作为学习工具，向学生展示他们论文中错误引用的百分比；这种警报就像一记***警钟***。

☛ whine 机器等嘎嘎响；发呜呜声→发牢骚；哭诉

A lot of time is spent on ***whining***.

花了很多时间***发牢骚***。

☛ wield 挥舞→使用；行使

But still, most holiday shoppers this year are ***wielding*** credit cards, debit cards and cash.

不过，今年大多数假日购物者仍在***使用***信用卡、借记卡和现金。

☛ woo 向（女子）求爱→招致

Furthermore, firms typically need to pay employed workers a premium to ***woo*** them away from their current employer, making it more puzzling that firms would opt to limit applications to those currently employed.

此外，企业通常须要向已在其他企业就职的员工开出更高工资，以***吸引***他们离开当前的雇主；令人感到困惑的是，企业招聘时，经常会选择将申请人限制于当前的在职人员。

3. 服　饰

☛ boot 靴子——a boot camp 海军训练新兵之营地→训练营地

Go to ***a boot camp*** for obsessive-compulsives.

有强迫症就去参加***训练营***。

☛ **boots 靴子**——die with one's boots on 穿上靴子死去→死在工作岗位上，因公殉职

Some people want to "***die with their boots on***", while others would prefer to die wearing sandals or running shoes and in some venue other than the workplace.

有些人想***在工作岗位上***"***穿着靴子死去***"，而另一些人则宁愿在工作场所以外的地方穿着凉鞋或跑步鞋的时候死去。

☛ **button 纽扣**——hot button 热门话题；敏感问题

The campaign for same-sex marriage has been lucrative for politicians—attracting big donors just like every other ***hot button*** issue.

同性婚姻的运动对政客来说是有利可图的——就像其他***热点问题***一样吸引捐资大咖。

☛ **crown 花冠；皇冠**→给……戴上桂冠

As contestants gather in Atlantic City to see who will be ***crowned*** Miss America 2014, we are reminded of the famous "bra-burning" demonstrations, 45 years ago this month, in which hundreds of women gathered on the boardwalk to protest the pageant, proclaiming it racist and bad for women.

参赛者聚集在大西洋城观看谁将***获得*** 2014 年美国小姐***桂冠***时，我们想起了四十五年前这个月著名的"焚烧胸罩"示威游行事件；当时，数百名妇女聚集在木板人行道上游行抗议，宣称选美大赛有种族主义倾向，也有损女性。

☛ **fashion 时尚**→塑造

Many poor girls grow up believing their destinies have already been ***fashioned*** by forces beyond their control.

许多贫穷的女孩长大后相信命运已经为自己无法控制的力量所***塑造***。

☛ **fold（布料、衣物等的）褶皱**→倍数

By 2050, the number of African-Americans age 65 and older will more than triple, and the number of older Latinos will increase 11-***fold***.

到 2050 年，六十五岁以上（含六十五岁）的非裔美国人将增加三倍以上，而较年长的拉丁美洲裔人口将增加十一***倍***。

☛ **label 标签**→唱片公司

That said, this happened with vinyl and CDs as record ***labels*** decided to release some new

records exclusively on iTunes.

也就是说，当***唱片公司***决定只在 iTunes 上发布一些新唱片时，黑胶唱片和激光唱片也会发生同样的情况。

☛ lining 衬里——silver lining 乌云周围的白光→（不幸或失望中的）一线希望

If there is a ***silver lining*** for students and parents after this hectic time, it may be this: now you have four years for relaxation.

在这紧张的时刻过后，如果学生和家长***有一线希望***的话，那就是：现在你有四年的时间来放松。

☛ mask 面具→掩盖

It is a question, however, that ***masks*** a much more serious issue for parents and children, particularly those in the middle and working classes.

然而，对家长和孩子来说，特别是那些中产和工人阶层，这个问题***掩盖***了一个更为严重的问题。

☛ mirror 衣装镜→反映

Or they choose electives from a random array of courses designed by faculty for their own convenience that ***mirror*** their own concerns, not a considered diagnosis of the needs and interests of students.

或者从一系列随机排列的课程中选择选修课程，这些课程的设置是方便教师，***反映***教师关注的问题，而不考虑分析学生的需要和兴趣。

☛ pocket 口袋——deep-pocketed 有钱的，财大气粗的

It would, in effect, stifle competition and innovation and hand over an exciting and promising new industry to a small group of ***deep-pocketed*** companies that would wield unmatched influence over market direction, consumer choice and public policy—i.e. Big Tobacco.

实际上，它将扼杀竞争和创新，并将一个激励人心的、有前景的新兴产业交给一小撮***财力雄厚的***公司，这些公司（例如大烟草公司）将在市场走向、消费者选择和公共政策方面发挥无可比拟的影响力。

☛ purse strings 钱袋→财产；资金

Developing nations must watch the ***purse strings*** for climate aid.

发展中国家必须看管好气候援助的***资金***。

☛ rags 破旧衣服——rags to riches 从贫穷到巨富→白手起家

And while many of us believe that the American Dream of ***rags to riches*** through honest hard work still exists, our experience tells us that far more common is wealth acquired via hustles and scams—both illegal ones and legal—and so we relate to stories that validate our experience.

虽然很多人相信通过诚实、努力而***白手起家***的美国梦仍然存在，但经验告诉我们，更常见的财富获取是通过买卖和诈骗——非法的和合法的——所以我们会涉及一些能验证经历的故事。

☛ shoehorn 鞋拔→硬塞进

Look, I'm not demanding that diversity get ***shoehorned*** into stories.

听着，我并不是要求多样性要被***硬塞进***故事里。

☛ shoes 鞋子——put oneself in the shoes of sb. else 站在某人的角度（考虑问题）

If you ***put yourself in the shoes of*** a child pornography victim, you should recognize the incredible helplessness they experience as a record of their victimization is continually circulated among criminals who derive sexual pleasure from viewing their past exploitation.

如果你***站在***一个儿童色情作品受害者***的角度***，你就会意识到他们所经历的、令人难以置信的无助感，因为他们的受害记录不断地在罪犯中传播，这些罪犯从观看他们过去制作的色情影片中获得性快感。

☛ shoes 鞋子——take a walk in one's shoes 设身处地地替某人着想

One of the most important decisions they can make is to not just tolerate their classmates, but to mentally ***take a walk in their shoes***. It might be the best lesson they learn in college.

他们所能做的最重要的决定之一，就是不仅要容忍同学，还要***设身处地地替同学考虑***。这可能是他们在大学里学到的最好的一课。

☛ showcase 在玻璃橱窗陈列→展现

It speeds up possible love connections by ***showcasing*** the bonds that tend to strengthen relationships: mutual friends, interests and points of view.

通过***展现***有助于加强人际关系的纽带，比如说共同的朋友、兴趣和观点，会促进可能的爱恋关系的进展。

☛ size 尺码——one-size-fits-all 一刀切的；普遍适用的；万全之策的

The truth is that there is no ***one-size-fits-all*** answer to this question because it depends on much more than biology.

事实是没有一个***普遍适用的***答案，因为它的决定因素不仅仅是生物学。

☛ skirt 裙子→绕过；回避

Plus, network television has done just fine in ***skirting*** the rules since the Janet Jackson incident in 2004—for reference, see any episode of *Family Guy* or *American Dad*.

另外，网络电视自 2004 年珍妮·杰克逊事件以来已经在***规避***规则方面做得不错了——大家可以参看《居家男人》或者《特工老爹》的任何季集。

☛ sleeves 袖子——roll up one's sleeves 撸起袖子（加油干）

Though I did not have a medical degree or decades of experience, I was encouraged to ***roll up my sleeves*** and help.

虽然我没有医学学位或几十年的经验，但我还是得到鼓励，***撸起袖子***（***加油干***）来帮忙。

☛ straitjacket 紧身衣→桎梏

Part of the problem is that the last wave of reform policies has produced a compliance-orientation to schooling that leaves school leaders in a virtual ***straitjacket***.

部分问题在于，最后一波改革政策已经产生了对学校教育的依从性，这让学校领导处于一种无形的***桎梏***之中。

☛ strap 皮带——be strapped for... 受到……的约束

Libraries ***are*** perennially ***strapped for*** cash and are at risk of being forced to cut back hours and services, but they have space and plenty of visitors.

图书馆常年***捉襟见肘***，有着被迫削减开馆时间和服务的风险，但仍有空间和大量的访客。

☛ strapped 用皮带装饰的→身无分文的；资金短缺的

In effect, Facebook's outsized power is causing already ***strapped*** news organizations to invest in varied costly endeavors to appeal to Facebook's whims.

实际上，脸书的超大规模已经让***资金短缺的***新闻机构做了各种各样耗资的努力，以迎合脸书的奇思妙想。

☛ **tailor 剪裁**→使合适

What students really need is an education system that understands that all children learn differently, and is ***tailored*** to their individual needs—not their sex.

学生真正需要的是这样的教育体制：能理解所有孩子学有不同，而且是***根据***孩子的个人需求而不是性别***定制***的。

☛ **tailor-made 裁缝制的**→特制的；量身定做的

In an era when most people can be confident of living to be at least 80 years old, there is now room for a new life stage of emerging adulthood, from the late teens through the 20s, that is ***tailor-made*** for the explorations the college experience encourages.

在一个大多数人都有自信能活到至少八十岁的时代，从青少年晚期到二十几岁的青年这个人生阶段，现在已经有了新的发展空间，这也是为大学经历所激励的探索而***量身打造的***。

☛ **tie 系领带**——be tied to... 与……有关

But part of the reason for the obsolescence of middle-class values ***is tied to*** the effects of the Great Recession, which has put pressures on all families, whatever their income level, whether it be the need for both parents to work or the financial tensions that lead to divorce or deferred marriage.

但中产阶级价值观退化的部分原因是***跟***经济大衰退的影响***有关系***。无论他们的收入水平如何，无论父母双方是否都须要工作，或者无论是经济紧张导致离婚或推迟结婚，经济大衰退给所有的家庭都带来很大的压力。

☛ **tote 手提包**→携带，带着

The women who pioneered groups supportive of attachment-parenting, like La Leche League International, and started publications like *Mothering* are not competitive corporate-minded trendy celebrity divas ***toting*** secret nannies on the side, nor are they perfection-driven bored subjugated barefoot lonely women setting feminism back 200 years.

开拓亲密育儿法机构（如国际母乳协会）的女性，以及开始出版像《育儿》这种杂志的女性，并不是那些身边***带着***保姆、具有商业竞争意识的时尚名流，也不是追求完美的、无趣的、被压制的、赤脚的、让女权主义倒退了二百年的孤独女性。

☛ tow 麻的粗纤维——in tow 一起

Becoming a mother in young adulthood may take an especially large toll on African-American women because their families often lack the resources to help them overcome the challenges of continuing their education and establishing a career with children ***in tow***.

年纪轻轻就为人母，对于非裔美国妇女来讲，伤害尤为重大，因为她们的家庭缺乏资源，所以在继续接受教育和开创职业生涯的同时，还要***一并***养育孩子这方面，她们得不到家庭的帮助。

☛ uncap 脱（帽）——uncapped 无管帽的→无上限的；不封顶的

Automakers, for example, strictly control prices for their suppliers—a business model that would suffer greatly under the new rule because of the potential for additional ***uncapped*** costs.

例如，汽车制造商严格控制其供应商的价格——这是一种商业模式，在新规则下会受到很大影响，因为可能会有额外的***无上限***成本。

☛ velvet glove 天鹅绒手套→外柔内刚；表面温和的东西

Instead, in an obvious attempt to blunt near universal criticism of its ***velvet glove*** approach, last month Treasury took largely meaningless action against just three of the servicers by temporarily withholding payments until they stop violating the program's rules—something to which they had largely already committed in a previous unrelated settlement with their regulators—and then paying them in full.

相反，明显地想要中止几近全民批评的、***天鹅绒手套式外柔内刚的***方法，上个月财政部反对三大服务商的措施几乎没有多大意义，因为财政部只是暂时拒付款额，直到他们不再违反该项目的规则——其实在此前与监管机构达成的一项不相关的和解中已经承诺这么做了——然后全部支付。

☛ vested（西服套装）带背心的→既定的；既得的

We have a societal responsibility and a ***vested*** interest to take advantage of innovation while guarding against exploitation.

我们有社会责任和***既得***利益来利用创新，同时防范剥削。

☛ vogue 时尚——in vogue 流行，盛行

High-stakes evaluations are ***in vogue*** not only in higher education but also in elementary and high school.

对教师进行测评不仅在大学，而且在小学和中学都很***盛行***。

☛ wig 假发——big wig 一头假发→大人物

As the ***big wig*** among the crowd, he can't go anywhere without the protections of the bodyguards, who cost the taxpayers a lot.

作为***大人物***出现在人群中，他到哪里都受到保镖的保护，而雇用这些保镖要花掉纳税人好多钱。

4. 食品饮料

☛ apple 苹果——bad apple 坏苹果→不好的因素（成分等）

At the end of each academic term on many US campuses, students complete evaluations of their course instructors. It is a process that has been criticized for years, and yet it shows a very common desire: to find an effective way to weed out the ***bad apples***.

每学期结束时，美国许多学校的学生会对他们的课程导师进行测评。这种做法多年来饱受批评，但体现了一个非常普遍的愿望：找到一种有效的方法来剔除一些***不好的老师***。

☛ apple pie 苹果派——as American as apple pie 典型美国式的，美国特色的

America has earned the dubious distinction of being No. 1 in the world for over-criminalizing and over-incarcerating its residents. Sixty-five million US adults have a criminal record, making incarceration and the lifetime punishment that flows from involvement in the system "***as American as apple pie***".

过度犯罪和过度监禁居民方面，美国已成为世界第一，声名狼藉。6 500 万美国成年人有犯罪记录，使得监禁和由于反对体制而遭受的终身监禁***如同“苹果派一样具有美国传统特色***”。

☛ bacon 咸肉，腌肉——bring home the bacon 养家糊口

Despite our drooping economy (and some great parenting fathers), I suspect we will not see a plethora of stay-at-home dads. Most men will simply find new ways to ***bring home the bacon***.

尽管我们的经济萎靡不振（还有一些养育子女的好父亲），我想我们不会看到过多的全职奶爸。大多数男人会找到新出路来***养家糊口***。

☛ beef 牛肉——beef up 加强；增援；补充（人数、兵力等）

When a breach is discovered, executives must take decisive action, ***beefing up*** their systems' defenses and alerting law enforcement when appropriate.

一旦发现漏洞，管理人员必须采取果断行动，***加强***系统的防御，并在适当的时候提醒执法机关。

☛ beef 牛肉——beefed-up 加强的

Does that mean it's time for a ***beefed-up*** code of conduct for passengers?

这是否意味着是时候对乘客实施***加强版的***行为规范了？

☛ biscuit 饼干——a fresh plate of biscuits 一盘刚出炉的饼干→受欢迎的人或者物

I joined Tinder after hearing a bunch of my guy friends speak about it as if it were ***a fresh plate of biscuits***.

听了一帮朋友的谈论，我也加入了交友网站 Tinder，感觉这个网站就好像是***一盘刚出炉的饼干，受人喜爱***。

☛ bland（食物）淡的→乏味的

First- and second-year students are subjected to ***bland*** introductory courses taught primarily by graduate students.

一、二年级的学生不得不上一些主要由研究生讲授的***乏味的***入门课程。

☛ boil 煮沸——boil it down to 将其概括为

The sales pitch was all about making college accessible, helping people fit it into their busy schedules. But over the years ***it***'s somehow been ***boiled down to*** "Hey, you wanna get a master's degree without leaving your master bedroom?".

推销的说辞是：使大家都能上得起大学，帮助大家安排繁忙的日程表。但几年过去了，多少***可归结为***"嘿，你想不用离开主卧而获得硕士学位吗？"。

☛ bread 面包——breadwinner 挣面包的人→负担生计的人，养家糊口的人

When men were the primary ***breadwinners*** in families and women stayed home, women with a college degree were the least likely group of women to marry.

当男性是家庭的主要***经济支柱***而女性留在家中时，拥有大学学历的女性就成为最不可能结婚的女性群体。

☛ cake 蛋糕——the icing on the cake 蛋糕上的糖霜→锦上添花；如虎添翼；更重要的是

The icing on the cake is the total disconnect between student job expectations, college curricula, and the realities of today's labor market.

更重要的是学生对工作的期望、大学课程和当今劳动力市场现状之间的完全脱节。

☛ carrot 胡萝卜→诱饵；动因

The study of coding forces students to learn proper syntax or "spelling" to make their scripts run. Perhaps it could be used as a ***carrot*** to drive students to learn the foundations of reading, writing and arithmetic.

对编码的学习迫使学生学习正确的语法或"拼写"来运行他们的脚本。也许可以用它作为一种***诱因***来激励学生学习阅读、写作和算术基础。

☛ carrot 胡萝卜——carrot and stick 胡萝卜、大棒并用→软硬兼施

Music industry groups concede that too, but they insist the combination of ***carrot and stick*** is the key to changing consumer behavior.

一些音乐产业公司也承认了这点，但他们坚持认为***胡萝卜加大棒***（即***软硬兼施***）的政策是改变消费者行为的关键。

☛ cheese 奶酪——big cheese 大块奶酪→大人物

As the ***big cheese*** in the outfit, Mike learns how to motivate the rank and file, which is the leading factor of their success.

作为团体中的***重要人物***，迈克知道如何调动普通员工的积极性，这才是成功的关键因素。

☛ cocktail 鸡尾酒→混合，综合

To support a career in the arts in 2013 requires a ***cocktail*** of connections, financial support, talent and tremendous luck—and many of us just starting our professional lives are choosing more stable paths.

要想在 2013 年的艺术生涯中获得支持，须要有人脉、资金支持、才能和天大的好运等***综合因素***，而我们中刚刚开始职业生涯的许多人选择了更稳健的道路。

☛ coke 可乐→吸食可卡因

A student living on campus will have more of a "dorm" lifestyle, with university or third-party employees living in the residence halls conducting room checks and enforcing campus

policies—like restrictions on opposite-sex visitors and bans on ***coking*** in rooms and burning candles.

住校的学生拥有的不仅仅是一般的“宿舍”生活方式，因为住在宿舍楼的大学管理人员或第三方雇员会一起进行宿舍检查和执行校园政策，例如限制异性进入宿舍、禁止在宿舍里***吸食可卡因***和点蜡烛。

☛ cookie 饼干——cookie-cutter 饼干模型切割刀→同样模式的，千篇一律的

If poor parents would rather have child care, parenting classes or access to private preschools, then policy makers should try to meet these demands creatively rather than impose a government-knows-best ***cookie-cutter*** solution.

如果贫穷的父母也想要有儿童看护、上育儿课程或送孩子上私立幼儿园，那么，政策制定者应该尝试创造性地满足这些需求，而不是强加一个什么“政府最权威的”、***千篇一律的***解决方案。

☛ dine-and-dash 吃了就跑→吃霸王餐

Language is no less exacting than math. As the book title *Eats, Shoots and Leaves* demonstrates, a single comma can change a sentence about the diet of a panda to one describing the behavior of a ***dine-and-dash*** killer.

语言和数学一样严谨。正如书名《吃了（东西），开了一枪，然后离开》所示，一个逗号可以改变一个句子。本是关于熊猫的饮食，现在倒成了描述***吃霸王餐***的行为。

☛ eat 吃——eat at 困扰

Violent crimes ***eat at*** the very core of a free society.

暴力犯罪正***困扰***着自由社会的核心。

☛ egg 鸡蛋——egg on 鼓动，怂恿

What's ironic about this glut of business majors is this: The students, often ***egged on*** by their parents, are pursuing their vocational degree because they assume that it's the ticket to a six-figure income.

主修商科的人数过剩，其具有讽刺意味的是：常常受到父母***鼓动***的学生追求商科文凭，是因为他们认为这是进入收入达六位数行业的一张门票。

☛ egg 蛋——nest egg 留窝蛋→储备金；私房钱

Second, many young people with decent earning potential would likely be attracted to the idea

of saving someone's life in exchange for a ***nest egg*** or help paying off a loan.

第二，许多收入潜力相当好的年轻人很可能会有这样的想法：挽救某人生命的同时可以挣取一些***私房钱***或有助于还清贷款。

☛ egg 鸡蛋——put all the eggs in one basket 把所有的鸡蛋都放在一个篮子里→孤注一掷

There is no parenting secret that ensures that your children will grow up and be successful adults. So why would you want to sacrifice your career, your financial security and oftentimes your happiness all in the name of motherhood? To me that is ***putting all the eggs in one basket***, pun intended.

没有养育秘籍可以确保你的孩子长大成人并取得成功。那么，为什么你要以为人母的名义来牺牲掉你的事业、经济保障以及幸福？对我来说，这就是双关语所示的那样：***把所有的鸡蛋都放在一个篮子里，太孤注一掷了***。

☛ jam 果酱→ jam session 即兴表演

We could perhaps achieve these goals with a variety of post-workday happy hour options where there's a drink offering—alcohol and alcohol-free—at the end of the activity: a group bike ride or brisk walk for fitness types, a chess gathering for chess lovers, a poetry reading for poetry buffs, a ***jam session*** for musicians and music lovers; and yes, beer and wine tastings for those aficionados.

我们也许可以通过下班后"快乐时光"的各种选择来实现这些目标，比如在以下活动结束时提供含酒精和不含酒精的饮料：一群人为了健身而骑自行车或快步走，国际象棋爱好者聚在一起下棋，诗歌爱好者朗读诗歌，音乐家和音乐爱好者***即兴表演***；还有，嗜酒者可以品尝啤酒和葡萄酒。

☛ lard 猪油——be larded with 夹杂着；点缀着

The writing is different: Young adult novels tend to emphasize strong voices and clear, clean descriptive prose, whereas a lot of literary fiction is very focused on style: dense, lyrical, descriptive prose, ***larded with*** tons of carefully observed detail, which calls attention to its own virtuosity rather than ushering the reader to the next paragraph with a minimum of fuss.

写作有所不同：少年小说倾向于强调强有力的声音和清晰、简洁的描述性散文，而很多文学小说非常注重风格——密集的、抒情的、描述性的散文，***夹杂着***大量的仔细观察的细节，呼吁重视自己的写作技巧而不是引导读者轻松地阅读下一段。

☛ **lighter fare 口味淡的食品**→轻松的小说

The conversation about summer reading got us thinking: Aren't most of us reading this ***lighter fare*** year-round? Is that what novels are now expected to be: more entertaining, and less serious?

关于暑期阅读的对话引起了我们的思考：我们大多数人不是全年都读这种***轻松的小说***吗？这就是现在所期望的小说——更有趣，而且不那么严肃吗？

☛ **loaf 一条面包**→游手好闲；混日子

Is it easier to ***loaf*** on the couch instead of going for a run?

在沙发上***闲坐着***比去跑步更容易吗？

☛ **pretzel 椒盐卷饼**→柔软的、有韧性的人或者物

A third of my friends work full-time outside the home. Another third are unemployed. And a final third have created a hybrid model that includes part-time, flex-time or work from home. Our employment models may vary, but we all twist ourselves into human ***pretzels*** for the sake of our children.

我朋友中有三分之一在外全职工作。另外三分之一处于失业状态。最后三分之一创造了一种混合模式，包括兼职、弹性工作或在家工作。我们的就业模式可能会有所不同，但为了孩子，我们都把自己扭成人类的***椒盐卷饼，个个都很有柔韧性***。

☛ **recipe 食谱；烹饪法**→秘诀

These shifts in gender norms come with pain and conflict, of course. But they can also be a win-win ***recipe*** for marriage.

当然，性别规范发生了变化，随之而来的是痛苦和冲突。但这些转变也可能是婚姻双赢的***秘诀***。

☛ **relish 给……加佐料**→享受

I read, meditated and had plenty of friends. I ***relished*** my solitude. At heart I am a profoundly introverted person.

我阅读、冥思、广为交友。我***享受***孤独。在内心深处，我是一个性格内向的人。

☛ **salt 盐**——worth one's salt 值得尊重的

But, as every parent ***worth his or her salt*** has reminded their child at least a hundred times, sometimes, life isn't fair.

但是，每一个***值得尊重的***父母都要提醒他们的孩子至少上百次：有时候，生活是不公平的。

☛ **sample 品尝（食品、饮料等）**→体验

But it was also one of the few places in downtown Silver Spring where I spent money, because while hanging out, I'd stumble on my new favorite novel, or ***sample*** the CD my friend kept raving about at the listening station.

但它也是银泉市中心少数几个我花钱的地方之一，因为虽然我是去闲逛，我会无意中发现我最喜欢的小说，或者***体验***我朋友在试听台极力夸赞的激光唱片。

☛ **sauce 酱油**——secret sauce 秘制酱料→秘诀

The ***secret sauce*** has been early-adopter teachers coming up with ingenious lessons and then sharing their lesson plans and curriculums with other teachers.

秘诀在于早期使用的教师会开发独具匠心的课程，然后将其教学计划和课程与其他老师分享。

☛ **savor 加调味品于**→品尝；欣赏；尽情享受

It makes sense to enjoy the freedom of emerging adulthood while it lasts, and if you're fortunate enough to go to college, ***savor*** that brief opportunity to explore new worlds.

享受少年初长成的自由自在很有意义。另者，如果你够幸运，能去上大学的话，就要***尽情享受***这个短暂的机会去探索新的世界。

☛ **seasoned 调过味的**→经验丰富的

Although the public regularly calls for its leaders and aspiring leaders to be honest at all times, we are all ***seasoned*** communicators with a keen understanding of fractional truth.

虽然公众定期呼吁其领导人和有抱负的领导人要时时刻刻保持诚实，但我们都是***经验丰富的***沟通者，能够敏锐地理解部分真相。

☛ **side order 副菜，配菜**→辅修课程

Any other classes, like "law and literature" or "human rights", are only ***side orders*** for the curricular entrées like "evidence" or "federal courts".

任何其他的课程，如"法律和文学"或"人权"，都只是"证据"或"联邦法庭"等主要课程的***辅修课程***。

☛ **simmer 炖**——simmer down 平静下来，冷静下来

It apologizes and rolls back some of the changes, and users ***simmer down***.

向用户道歉并做一些数据回滚，用户就会***冷静下来***。

☛ **spoon 汤匙**→面对背地侧身贴着睡

And as they grew up, I realized that soon it wouldn't be appropriate for my boy to wander into my bed in the middle of the night with his drooping stuffed dog to slip under the covers in a father-son ***spoon***.

他们长大了，而我也意识到，很快我的儿子就不好在半夜的时候抱着那耳朵耷拉下来的、毛茸茸的玩具狗，爬上我的床，父子俩***面对背地侧身贴着睡***。

☛ **spoon 汤匙**——a silver spoon in one's mouth 含着银汤勺长大，出生在富贵人家

Growing up without ***a silver spoon in my mouth***, I really wanted to be in a position to live not from paycheck to paycheck and have some security.

没能***含着银汤勺长大***，我是真心希望自己不用每天数着工资过日子，希望能够有一定的安全感。

☛ **tea 茶**——cup of tea 喜爱的事物；中意的人

The two Kindles that I purchased for my library are popular, but they have not taken the place of books, just as audio books are not everyone's ***cup of tea***.

我为我的图书馆购买的两个 Kindle 电子阅读器很受欢迎，但它们并没有取代书籍，正如有声书籍并不都是每个人的***最爱***一样。

☛ **tidbit 少而精的食品**→珍闻；花边新闻；小花絮

Are the quick digital ***tidbits*** worth less, or do they have authentic meaning because they reflect true feelings at that particular moment; sentiments that may not be documented anywhere else?

快速拍摄的***花絮***价值更少了吗？因为反映了在那个特定时刻的真实感觉（一种其他时刻无法记录的情绪），这些花絮就有真实的意义吗？

5. 建　筑

☛ **back-alley 陋巷的**→卑劣的；鬼鬼祟祟的

I had no horror story to tell of a scary ***back-alley*** procedure, and I had no heartfelt regrets.

我没有什么恐怖经历来述说可怕的***卑劣***进程，我也没有真正的遗憾。

☛ back-door 后门→私底下的；不正当的

Even a regulated system of organ sales will not prevent the inevitable ***back-door*** organ auction.

即使器官买卖受管制，但也阻止不了不可避免的、***不正当的***器官拍卖。

☛ bar 铁条→障碍

A prison record can be a ***bar*** to employment, housing and loans, creating devastating effects on many minority communities.

坐牢记录会成为就业、买房和贷款的***障碍***，给许多少数族裔群体带来灾难性的影响。

☛ bar 铁条→阻止

Lucrative and influential professions—politics, media and entertainment, to name a few—now virtually require a period of unpaid work, effectively ***barring*** young people from less privileged backgrounds.

收入高的、有影响力的职业，比如政坛、媒体和娱乐，如今事实上都需要一定时期的无偿工作，而这实际上就***把***没有特权背景的年轻人***挡在了门外***。

☛ bar 铁条——behind bars 在监笼中，在牢笼里→坐牢

More than 1 in 10 black men in their 20s or early 30s are currently incarcerated, and some experts estimate that as many as 1 in 4 black men will spend some time ***behind bars***.

二十多岁或三十岁出头的黑人男性中，有超过十分之一的人在坐牢。一些专家估计，多达四分之一的黑人男性将会***在监狱里***待上一段时间。

☛ bedrock 基岩→基本原理；根本

Streets are the ***bedrock*** that makes cities great places to live. How we design and use them is a profound expression of who we are.

街道是城市宜居的***根本***。如何设计和利用街道，是我们自身的深刻体现。

☛ bore 孔→令人讨厌的人；无聊的人

I don't want to be seen as puritanical or a ***bore***, and I doubt the average individual flipping to the back of their favorite magazine for horoscopes analyzes it the way I do.

我不希望被看作清教徒或***无聊的人***，我怀疑普通人在翻看最喜欢的杂志时，会翻到最后面，像我一样分析着各种星座。

☛ **bricks-and-mortar 砖头和灰浆**→实体店

Technology is enabling more efficient online and mobile distribution of products, saving on ***bricks-and-mortar*** expense and lowering prices.

科技使产品的在线和移动配送更加高效，节省了***实体店***费用，降低了价格。

☛ **brim 边缘**——brim with 充满

It's ***brimming with*** moderate, conservative and libertarian differences over economics, national security, immigration and education.

经济、国家安全、移民和教育方面都***充满***温和、保守和自由主义的差异。

☛ **broach 钻孔**→开始讨论

That night I remember thinking that if we could have that conversation, and I could be completely honest about Facebook issues that made me feel insecure, then we would be able to ***broach*** many other difficult subjects.

那天晚上，我记得我在思考如果我们能有那次谈话，我可以完全诚实地谈论脸书上令我不安的问题，那么，我们就能够***开始讨论***其他难题了。

☛ **build 建设**——build-down 逐步削减

A defense ***build-down*** is upon us and it provides a welcome opportunity to discipline the Pentagon. Admiral Mike Mullen, the Joint Chiefs chairman made the point: "The budget has basically doubled in the last decade. And my own experience here is that in doubling, we've lost our ability to prioritize, to make hard decisions, to do tough analysis, to make trades."

削减国防预算是我们的责任，也提供了一个约束五角大楼的机会，很受欢迎。参谋长联席会议主席、海军上将迈克·马伦指出："在过去的十年里，预算基本上翻了一番。我的经验是，在预算翻倍的情况下，我们反而没能区分优先次序、做出艰难抉择、做棘手的分析以及进行交易。"

☛ **bunk 铺位**——bunk in 占个铺位睡觉

Bunking in with parents allows struggling young adults to save for an apartment or house, to hold out until they find a meaningful job, or to start to pay down student loans—the average being $24,000, but soaring over $100,000 for some.

回父母家***占个睡铺***，使得苦苦挣扎的年轻人能够省下租公寓或买房子的钱，坚持到他们找到有意义的工作，或开始偿还学生贷款（平均是 2.4 万美元，但有些已经飙

升到 10 万美元以上）。

☛ **ceiling 天花板**——bamboo ceiling 竹子天花板→竹子天花板效应（指一种无形的升职障碍）

The ***bamboo ceiling*** in Japan is real, and is even harder to break.

“***竹子天花板***”（职场的晋升空间中）在日本是真实存在的，而且更难打破。

☛ **ceiling 天花板**——brass ceiling 黄铜天花板→黄铜天花板效应（指存在于军队和执法部门中、阻止女性进一步升迁的无形障碍）

Our military has met its diversity quota and broken the so-called ***brass ceiling***.

我们的军队达到了多样性配额，打破了所谓的“***黄铜天花板效应***”。

☛ **ceiling 天花板**——glass ceiling 玻璃天花板→玻璃天花板效应（指一种无形的升职障碍）

So even if not all these women will kick through the ***glass ceiling***, a lot fewer of them may be mopping the kitchen floor.

因此，即使这些女性并不能都穿透***玻璃天花板***，但她们当中只会擦厨房地板的人也更少了。

☛ **cement 水泥**→巩固，加强

And while the Prius ***cemented*** the firm's international green reputation, millions of thirsty SUV's and large trucks sold here by the company each year stand as stark testament to a contrary view.

普锐斯***巩固***了该公司在国际上的绿色环保声誉，但是这家公司每年在这里出售的上百万辆耗油的越野车和大卡车都明显地证明了相反的情况。

☛ **chock 木楔**——chock-full 充满

Our approach at WestEd, where I currently conduct education research, streamlines a school's typical social calendar that is usually ***chock-full*** of family fun nights, holiday carnivals and parent-teacher conferences.

我目前在进行“旧金山西部教育”研究，我们使用的方法简化了学校典型的社交安排——通常***都是些***欢乐家庭之夜、节日嘉年华和家长会。

☛ **corner 角落**——cut corners 抄近路→投机取巧；走捷径

Cutting corners could easily hurt students more than it helps.

投机取巧很容易伤害学生，而不是帮助他们。

☛ **cornerstone 柱石，基石**→基础

Privacy with respect to reproductive choices has been a ***cornerstone*** of American culture for decades, and some parents choose not to disclose the use of gamete donation.

几十年来，关于生育选择的隐私一直是美国文化的***基石***，一些家长选择不公开配子捐赠。

☛ **cubicle 格子间**→办公室

I leave out the white collar people in ***cubicles*** desperate to work an extra hour.

我没有考虑那些窝在***格子间***里拼命地想要多工作一个小时的白领。

☛ **cusp（叶形饰的）尖头**→风口浪尖

We're at the ***cusp*** of a new age of manufacturing.

我们正处于制造业新时代的***风口浪尖***上。

☛ **dent 凹槽**——make a dent 弄个凹槽→稍微减少；影响

None of it has ***made a dent*** in overall levels of piracy, and bills like the Stop Online Piracy Act (SOPA) and Protect Intellectual Property Act (PIPA) are unlikely to fare any better.

这些都没有***影响***到盗版的整体水平，像《禁止在线盗版法案》和《保护知识产权法案》这样的法案也不太可能达到更好的效果。

☛ **dent 凹槽**——make no dent 没有弄个凹槽→没有影响

President Obama's "clinging to guns and religion" controversy ***made no dent*** in the polls in 2008.

奥巴马总统关于"执着于枪支和宗教"的争论在 2008 年的民意调查中***没有产生任何影响***。

☛ **dent 凹槽**——put a dent 使有凹槽→削减

Second, I doubt that ending drone strikes would substantially reduce anti-Americanism in the Islamic world or ***put a dent*** in radical recruitment.

其次，我怀疑结束无人机空袭会大幅减少伊斯兰世界的反美情绪，或***削减***极端分子的成员招募。

☛ **drain 下水道**→耗尽

Quite simply, collecting becomes a problem when the time, energy, or money expended on acquiring, maintaining, displaying, updating or upgrading the collection ***drains*** the collector

of resources needed for family, friends, community, work or self.

简单来讲，获取、维护、展示、更新或升级所收集的物品所花费的时间、精力或金钱***耗尽***收集者的家人、朋友、社区、工作或自我发展所需的一切资源时，收藏就成问题了。

☛ **draw 画线，画图**——draw-down 逐步削减

In the 1970s and 1990s the debates surrounding force reductions focused almost exclusively on how they would affect strategy and budget. Today legislators are considering another ***draw-down***.

20 世纪 70 年代和 90 年代，围绕裁军的辩论几乎完全集中在如何影响战略和预算上。今天，立法者正在考虑另一项***逐步裁军***。

☛ **edge（建筑物的）边缘**→优势

College students want to know what courses and majors will give them an ***edge*** in their careers.

大学生想知道什么样的课程和专业会对他们的职业生涯有所***帮助***。

☛ **edge（建筑物的）边缘**——cutting-edge/leading-edge 尖端的，最前沿的

This aesthetic is just the surface of Apple's deeper design principle: that ***cutting-edge*** technology should be easy to use.

这种美学观只是苹果公司深度设计的表面现象，"一切***尖端***技术应以易用为准"才是其设计原则。

So we're doing some really ***leading-edge*** stuff in the community.

所以，我们正在该领域做着***最前沿的***工作。

☛ **engineer 工程师**→设计；策划；精明地处理

Can they ***engineer*** a reversal of fortune?

他们能***改变***命运吗？

☛ **gatekeeper 门卫**→把关人

The university is society's ***gatekeeper***. Students see degrees as tickets of admission to the big show: the marketplace.

大学是社会的***把关人***。大学生把学位看作劳动力市场这场大秀的入场券。

☛ **gatekeeper 门卫**→控制者

The public has always relied on and been affected by ***gatekeepers*** who have the power to shape public opinion.

公众一直依赖并受到那些有权左右公众舆论的***控制者***的影响。

☛ **grit 粗砂**→勇气

Sometimes, it turns out, we like a little ***grit*** in our entertainment.

事实证明，娱乐中我们有时还需要一点***勇气***。

☛ **hook 钩链**——hook up with sb. 勾搭上某人；迷恋上某人

Silence is golden—never more so than when you think your friend has ***hooked up with*** a jerk, or a freak.

沉默是金，即便你认为朋友已经***迷上***了一个混蛋，或是一个怪胎，你也要保持沉默。

☛ **hothouse 温室**→过分保护的环境

Third, there's the social cost of being raised in a ***hothouse***.

第三，在***温室***里长大有社会成本。

☛ **house 房子**→存放

The relevant data isn't all ***housed*** in spreadsheets; community residents know which people and areas are at the highest risk of violent crime.

相关数据并不仅仅是***存放***在电子表格里的；社区居民知道哪些人和哪些区域的暴力犯罪风险最高。

☛ **house 房子**→家庭

A ***house*** divided cannot stand.

家庭内讧难维系。

☛ **house 房子**——housebroken（宠物等）受过训练不在室内便溺的→好管教的；有礼貌的

Employers who believe that applicants with jobs are vetted—proven, competent, ***housebroken***—should keep that in mind.

认为有工作的求职者已经经过审查的雇主应该记住这一点：这样的求职者经得住考验、有能力、***好管教***。

☛ **I-beams 工字梁**→顶梁柱；关键

Principles are the ***I-beams*** of civilization's architecture, designed to withstand the forces of social upheaval.

原则是文明这幢建筑物的***顶梁柱***，旨在抵御社会动荡之风。

☛ **line 线条**——on the line 在分界线上→处境危险

The script is so great that she puts herself ***on the line*** for it. She pushes it through and gets the green light.

剧本太棒了，为此她***冒了险***。她推进剧本，并获得了批准。

☛ **map 地图**——map the limits 设限

Gordon Gekko may have declared that "greed is good" in the movie *Wall Street*, but by chasing his example, Bud Fox (Charlie Sheen's character in the film) contributes to his father's heart attack and earns himself a prison sentence, examples that help us ***map the limits*** of what we'd do for more money.

戈登·盖柯可能在电影《华尔街》中宣称"贪婪是一种善",但通过效仿他,巴德·福克斯（查理·辛在电影中饰演的角色）导致他父亲心脏病发作而陷入牢狱之灾，而这些例证在我们想要挣更多钱时帮助我们***约束***自己。

☛ **mosaic 马赛克（建筑方面的一种砖）**→地理文化上的马赛克（变迁）现象

These locations appeal to such a variety of life stages not because they are "one size fits all", but because they are diverse ***mosaics*** of different kinds of places. In Jane Jacobs's words, they are "federations of neighborhoods", where virtually everyone, no matter their age, ethnicity, religion, level of education, sexual orientation or income, can find a niche where they feel welcome and comfortable.

这些地方之所以能吸引到如此多不同年龄的人，并不是因为它们是"一体适用"，而是因为它们是各种不同地方的***马赛克变迁***。用简·雅各布斯的话来说,它们是"社区的联邦"，几乎每个人，无论他们的年龄、种族、宗教、教育程度、性取向或收入，都能找到自己受欢迎和舒适的好地方。

☛ **nail 钉子**——nail down 用钉钉住→确定，明确

Social etiquette on this really hasn't been ***nailed down***.

这方面的社交礼仪还没有被***确定***下来。

☛ niche 壁龛→（舒适的、合适的）地方 / 工作 / 生活等

I had to travel precisely the world to find just such a comfortable, agreeable ***niche*** as this to live in. It seems incredible almost.

我得走遍全世界才找得到这样一个舒服、惬意的***地方***生活，这几乎让人难以置信。

☛ notch 槽口——top-notch 顶尖的

But after more than a decade with women in de facto combat roles, there are still people who question whether women have the strength of body and mind to be ***top-notch*** combat leaders.

但是，女性在参与实际战斗十多年后，仍然有人质疑女性是否有足够的身心力量成为***顶尖的***战斗领袖。

☛ office 办公室—— the Oval Office 椭圆形办公室→总统办公室

It says next nothing, though, about how a presidential candidate will perform when confronted with the unexpected and even expected difficulties that inevitably challenge the occupant of ***the Oval Office***.

然而，接下来却没有提到总统候选人遇到意想不到的甚至是意料之中的困难时，他将如何表现，这些困难会不可避免地挑战***总统办公室***的主人。

☛ peg 钉；桩——force a square peg into a round hole 硬要把一个方形的钉子钉进一个圆孔里→勉强

Instead of ***forcing a square peg into a round hole*** (and being disappointed when, after all of our efforts, it still doesn't fit), we should instill in our boys the notion that they are as diverse and infinite as the stars.

我们不应该***勉强把一个方形的钉子钉进一个圆孔里***（然后感到失望，因为我们尽了一切努力还是不行），我们应该灌输给男孩子这样一个观念：他们和星星一样是多样的、无限的。

☛ picket 尖木桩——picket line 警戒线；纠察

The union balked and took to the ***picket lines***.

工会（罢工人员）犹豫了一下，然后走向***警戒线***。

☛ plan 平面图——master-plan 蓝图，总体规划

We are also advancing two projects in Africa, a research center in Gaborone, Botswana, and the ***master-plan*** for a new tech-centered city of 250,000 outside of Nairobi, Kenya.

我们还推进了非洲的两个项目，位于博茨瓦纳首都哈博罗内的研究中心以及位于肯尼亚首都内罗毕郊外的、拥有250 000人口的、以科技为中心的新城市***蓝图***。

☛ porous 多孔的，有气孔的→有漏洞的；松懈的

US Departments of Defense and their contractors are recognizing that their defenses are essentially ***porous*** to attack.

美国国防部和承包商认识到，他们的防御系统实际上是***有漏洞的***，容易受到攻击。

☛ privy 厕所（尤指户外厕所）—— be privy to sth. 了解内情

Very few people ***are privy to*** what little data gets collected, so the evidence supporting this or that conclusion about students today is necessarily anecdotal.

很少有人***了解***收集到的小数据，所以当今关于学生这样或者那样说法的证据必然是道听途说的。

☛ roof 屋顶——through the roof 捅破屋顶→暴涨，飞涨

Internet service providers are not regulated as utilities, so prices are ***through the roof***, with constant increases and fees.

互联网服务提供商不像公用事业公司那样受到监管，因此价格会不断上涨，直至***暴涨***。

☛ rut 凹槽——in a rut 千篇一律，一成不变

Still, the numbers point to a GOP stuck ***in a rut***.

尽管如此，这些数据还是指向了***一成不变的***共和党。

☛ screw 螺丝钉——screw up 弄糟，搞砸

You might not want to ***screw up*** those payments in order to earn $400 a week for a seven-week harvesting season.

你不会在为期七周的收割季节里为了赚每周四百美元而***搞砸***了那些薪酬。

☛ shutter 百叶窗→倒闭

Over the next decade, I watched several independent stores—followed by major chains—***shutter***. But a few of us hung on.

接下来的十年，我目睹许多独立书店***倒闭***了，接着，大型连锁书店也***倒闭***了。但是，我们几家存活下来了。

☛ **square 广场**——square with 与……一致，与……相符

"Disparate impact" theory also doesn't ***square with*** the Constitution.

"差别效果"理论**与**宪法也不***相符***。

☛ **stake out 立桩标出**→突出

Thomas Bertonneau, the author of the article, "Down with Research Papers!" argued that students should instead be assigned essays, focusing on concise arguments ***staking out*** a point of view rather than long, informative surveys of a subject.

《打倒论文！》的作者托马斯·贝尔托诺认为，应该要求学生写出论据简洁、观点***突出***的文章，而不是对一个研究对象进行冗长又翔实的调查。

☛ **steamroll 用压路机碾**→以不可抗拒之力压倒，碾压

Voters, especially in states that hold later primaries, may legitimately feel cheated by having one candidate ***steamroll*** the others before those voters had their say in the matter.

选民，尤其是后来才举行初选的那些州的选民，可能会有法律上被蒙骗的感觉，因为在选民就这个问题有发言权之前，有一名候选人的选票已经***碾压***其他候选人。

☛ **stepping stone 垫脚石**→跳板

Ideally, the industries, employers and colleges at the heart of great internships still exist—paid positions transparently advertised and filled, ***stepping stones*** to full-time jobs, opportunities genuinely focused on education and training.

理想的情况下，行业、雇主和大学仍是实习的核心——公开招募的有薪岗位、全职工作的***跳板***、真正注重教育和培训的机会。

☛ **stovepipe 烟囱**——stovepipes of 大量的

And the effect of this polarity is pointing to the creation of ***stovepipes of*** thought, in which knowledge of valid opposing ideas has waned.

这种对立的后果直指***如烟囱般大量***思想的产生，由此，对有效分歧的认知已经变弱了。

☛ **tacky（漆、胶、颜料等）尚未干透的**→俗不可耐的，不雅观的，低级趣味的

Because our next door neighbor's ***tacky*** decorations went up on Black Friday, and we know they won't come down before February unless we do something about it.

因为我们隔壁***俗不可耐的***装饰在黑色星期五出现了，我们晓得除非我们采取措施，

否则这些装饰在二月份之前不会消失。

☛ threshold 门槛→基本条件；基本要求

With turnout of 43.4 percent, participation fell far short of the ***threshold*** required by the Constitution, and perhaps more important, short of the 61.7 percent observed in the last parliamentary elections.

投票率为 43.4%，远远低于宪法规定的***门槛***，或许更重要的是，远远没有达到上次议会选举中所遵循的 61.7%。

☛ tower 塔楼→（像塔楼一样）高出，胜过

We raise boys to be warriors, demanding in subtle and overt ways that they ***tower*** over others in contests and conquests.

我们把男孩培养成勇士，以既微妙又明显的方式要求他们在比赛和征服中***胜过***他人。

☛ vault 拱顶→保险库

Protecting student data doesn't have to mean that we lock it in a ***vault*** and throw away the key.

保护学生数据并不意味着我们把它锁在***保险库***里，然后把钥匙扔掉。

☛ wall 墙——blue wall of silence 静默的蓝墙，沉默的蓝墙（一种潜规则：指警察用说谎或其他方式来保护其他犯错误的警察）

The infamous "***blue wall of silence***"—the tendency of police to defend against any accusations of wrongdoing—has compounded the problem.

臭名昭著的"***静默的蓝墙***"——警察倾向于反对任何不当行为的指控——加剧了这一问题。

☛ wedge 楔子——the thin end of the wedge（得寸进尺的）开端；（可能有重大后果的）小事

But investors will fear the shifting pattern of demand and supply could make this renegotiation ***the thin end of the wedge***.

但投资者担心供需格局的改变可能意味着此次合同重谈仅仅是一个***开端***。

☛ window 窗户——broken windows 破窗→破窗理论，破窗效应

The author calls for a crackdown on traffic violations large and small, emulating the "***broken windows***" approach to suppressing crime in the 1990s.

作者呼吁打击大大小小的违反交通规则的行为，效仿 20 世纪 90 年代的"***破窗效应***"来镇压犯罪。

☛ window 窗户——out the window 突然失去了的；浪费了某样东西的

Age appropriateness is a factor, but universal rules are ***out the window***.

年龄适宜是一个因素，但普遍的规则是***不存在的***。

6. 医疗保健

☛ anemic 贫血的→无精打采的，没有活力的

Any cure for this ***anemic*** economy is going to involve a more educated and better-educated population, not less.

面对***缺少活力的***经济，任何改善方法都将包括受过更多、更好教育而不是更少教育的人群。

☛ antidote 解毒剂，解药→矫正方法，有效的方法

The most powerful ***antidote*** to this violence would be to ensure that more black children were raised by both their father and their mother.

对付这种暴力最***有效的方法***是确保更多的黑人儿童由父母亲共同抚养。

☛ atrophy 萎缩症→萎缩

The ***atrophy*** of the extended family could have dramatic economic consequences. Other changes in family patterns are also likely to emerge in the decades ahead, and we would be well advised to follow these very closely.

大家庭的***萎缩***可能会带来巨大的经济后果。其他家庭模式的变化也有可能出现在未来的几十年里，我们会密切关注这些变化。

☛ back-breaking 腰酸背痛的→辛苦的

He was surprised to find few takers, especially for the ***back-breaking*** work involved in picking sweet corn.

他很惊讶地发现几乎没有人想来干这活，特别是采摘甜玉米的***累***活。

☛ bad blood 坏血→嫌隙，不和

But for now, there is still plenty of "***bad blood***"; you just need to know where the cuts and scrapes are.

但就目前而言，仍有很多"***嫌隙***"；你只须知道不和之处在哪里。

☛ balm（做疗伤或镇痛药膏的）香树油→心灵的慰藉

Solitude is the delicious ***balm*** to my heart in this heavenly spot.

在这个神圣的地方，对我的心灵来说，孤独是极其美妙的***慰藉***。

☛ Band-Aid（邦迪）创可贴→补救的方法

The Obama administration's proposal to limit the amount the Fish and Wildlife Service spends on listing new species could free up scarce dollars for conservation and recovery efforts, but it's a small ***Band-Aid*** on a larger problem.

奥巴马政府提议限制鱼类和野生动物保护局在新物种上的开支，这可能会为保护和重建措施留出稀缺的资金，但这只是在大伤口上贴上一小块***创可贴***，没有用。

☛ basket case 四肢不全的人，完全伤残者→完全没有希望的人

Ultimately, though, educators (with parental support) must be willing to change the entrenched educational practices that are turning so many teens into ***basket cases***.

然而，最终，教育者（在家长的支持下）必须愿意改变根深蒂固的教育方式，这种教育方式使许多青少年成为***完全没有希望的人***。

☛ bellyache 腹痛→叫屈，抱怨

It's an age-old complaint the older generation always has about the younger, and it's always somewhat true but mostly just ***bellyaching***.

这是老一代对年轻一代长久的抱怨，总是有点真实，但大多只是***发发牢骚***。

☛ bloated 浮肿的→膨胀的

TV news organizations could give birth to the next generation of online video news, but they are far too wed to their anchormen and their ***bloated*** salaries and extremely limited content.

电视新闻台可以催生在线视频新闻的下一代，但却无法摆脱其新闻节目主持人、***膨胀的***工资和极其有限的播放内容。

☛ breakneck 要使颈骨折断似的→非常危险的

But managers today need creativity, as they deal with disruptive technologies and ***breakneck*** competition.

但如今，管理者需要创造力，因为他们得应对破坏性技术和***你死我活的危险***竞争。

☛ catharsis 泻法，导泻→精神发泄

The stories are often horrific and too vague to verify, and yet you can feel the ***catharsis***

coming off the page.

这些报道通常很可怕，也很模糊，无法验证，但你可以感觉到报道中的***精神发泄***。

☛ **contraceptive 避孕药，避孕工具**→阻止工具

Social media is what I'd call a romance ***contraceptive***. It prevents romance from happening every single day.

社交媒体，正如我所说的那样，是浪漫的一种***阻止工具***。它阻止每一天浪漫的产生。

☛ **couch 诊察台**→诊察；表述

Their dismay is ***couched*** as concern that Zuckerberg and Chan are only doing this to avoid paying taxes, and that by creating their philanthropy they are depriving the government of much-needed tax revenue that could truly be put to use for the public good.

他们的沮丧可以***理解***为担心扎克伯格和他妻子这样做只是为了逃税，而且有了慈善事业，政府却失去了急需的税收收入，而这些税收可以真正用于公益事业。

☛ **cure-all 能治百病的灵药**→万灵药

Ending the drug war won't be a ***cure-all*** for racial disparities in our society, but it is a necessary first step.

结束毒品战争并不是治愈社会中种族差异的***灵丹妙药***，但这是必要的第一步。

☛ **cuts and scrapes 切刮**→伤口；不和之处

You need to know where the ***cuts and scrapes*** are. Otherwise, it is very tough for you to help them reinvent their relationship.

你须要知道***不和之处***在哪里。否则，你就很难帮助他们修复关系。

☛ **defang 拔掉……的尖牙**→解除……的武装；削弱

If people were incentivized against picking up their phones while driving, that trigger, that seductive ding, might be somewhat ***defanged***.

如果鼓励人们在开车时不要拿起手机，那么，诱因——那种诱人的铃声——可能会被***削弱***。

☛ **doctor 医生**——undoctored 未经修饰的

As a judge noted, their "***undoctored***" faces were good enough.

正如一位法官所指出的那样，"***未经修饰的***"脸足够好。

☛ epidemic 流行病→迅速蔓延，盛行

When did cheating become an ***epidemic***?

作弊什么时候开始***盛行***的？

☛ eviscerate 取出内脏→重创（组织或体系）的元气

If the case for lesser speech protection for broadcasting was ever sound, that case is ***eviscerated*** today by the sheer abundance and accessibility of other media sources, which enjoy full constitutional protection.

如果说这个给了广播较少言论保护的案子曾经是合理的，那它现在会被其他绝对丰富又有曝光度的媒体***重创***，而这些媒体充分享有宪法的保护。

☛ fit 发作——pitch a fit 生气，愤怒

Yes, sometimes I did let my younger son run around Barney's because I know he'd ***pitch a fit*** if I kept him in his stroller.

是的，有时候我确实让我的小儿子在巴尼精品店跑来跑去，因为我知道如果把他放在婴儿车里，他会***生气闹腾***的。

☛ frazzled 磨损的→疲惫的

Who could possibly deny her the perk of rejoicing in the inadequacies of the permanently ***frazzled*** working mother?

职业母亲长期身心***疲惫***，但是谁又能剥夺她暗自庆幸不必（在家庭方面）尽职尽责的喜悦之情？

☛ gut 取出内脏→摧毁，毁坏

It will not ***gut*** the military, but will leave a leaner, more focused force in place, while helping solve our nation's fiscal crisis.

它不会***摧毁***军队，而是会在帮助解决我们国家财政危机的同时，保留更精简、更集中的力量。

☛ gut wrenching 肚子疼的→令人痛苦的，揪心的

Although it can be ***gut wrenching*** to dismiss a charge when a crime has been committed, it is far worse to risk convicting the wrong person.

虽然犯罪行为真正发生了却要撤销指控是***很揪心的***，但如果冒险，结果判错了，那就更糟了。

☛ hamstring 割断脚筋→使……陷于瘫痪

Still, it's essential for government to avoid ***hamstringing*** businesses with rules that stifle the online user experience.

尽管如此，政府还是有必要避免采用一些规则而**令**企业***陷入瘫痪***，因为这样的规则是在限制在线用户体验。

☛ hemorrhage 大出血→溢出；爆满

Try publishing an article on child-rearing. Within half an hour, your inbox will be ***hemorrhaging***.

试着发表一篇关于抚养孩子的文章。不到半小时，你的收件箱就会***爆满***。

☛ hiccup 打嗝→小问题

But a few false positives are merely small ***hiccups*** in an otherwise very effective preventative tool.

但是，一些误诊只是在实际非常有效的预防工具方面出现的***小问题***。

☛ hobble 使跛行→阻碍……的发展

This has largely ***hobbled*** the organization.

这在很大程度上***阻碍***了该组织***的发展***。

☛ ho-hum 打哈欠的→无聊的

Some of the most important and best papers seem to get the most flak while ***ho-hum*** papers often sail right through.

一些最重要的和最好的论文似乎会招来最多的批评，而***无聊的***论文则通常会顺利通过。

☛ ill 有病的→弊病

Since the 1890s, public education has been criticized for its failures and simultaneously heralded as the sole cure for all of society's ***ills***.

自 19 世纪 90 年代以来，公共教育一直因失败而受到批评，但同时也被奉为治疗社会***弊病***的唯一途径。

☛ ill 有病的——ill-advised 没脑筋的，欠考虑的

But in the end, let's be honest: marijuana use is still a very ***ill-advised*** idea for youth who are transitioning into adulthood.

但最后，说实在的，对于正要成年的年轻人来说，吸食大麻仍然是一个非常***不明智的***想法。

☛ infancy 婴儿期→初期

Finally, the coffee industry is just beginning to tap into smarter farming practices that allow for higher quality production, better stewardship of the land, better living conditions for workers, and ultimately even higher rates of production. This is all still in its ***infancy***.

最后，咖啡行业才刚刚开始研发更高明的耕作方式，以提高生产质量、更好地管理土地、改善工人的生活条件，最终提高生产效率。这一切还处于***初级阶段***。

☛ infirmary 医务室→养老院

The responsible physician has a clear professional obligation to obtain thorough medical and psychiatric evaluations and to monitor weight loss and other parameters of deteriorating health in an appropriate medical setting like an ***infirmary***.

负责任的医生有明确的职业义务，要取得临床和精神病学的详尽评估，并在适当的医疗环境（例如***养老院***）中，监测体重下降和其他健康恶化的参数。

☛ injury 伤害—— add insult to injury 伤害之余又侮辱→更糟糕的是，雪上加霜的是

Then, to ***add insult to injury***, surveys find that 40 percent of us leave vacation days unused—three to seven days on average.

然而，***雪上加霜的是***，调查发现我们中的40%假期都没有用完——平均有三到七天没用。

☛ lens 镜片→方面，角度

The Pew Research Center report published Monday looked at the economic well-being of older adults and younger adults over several decades through a wide variety of economic ***lenses***—wealth, income, homeownership, home equity, employment and poverty.

皮尤研究中心星期一公布的一份报告调查了几十年来老年人和年轻人的经济状况，这调查涉及方方面面的经济***视角***——财富、收入、房产、资产净值、就业和贫困。

☛ lump and bump 肿块→颠簸；曲折

This kind of behavior is, sadly, commonplace today and is a mark of the lack of coping skills among students because all the ***lumps and bumps*** have been taken out of life for them until now.

可悲的是，这种行为如今很普遍，说明学生缺乏应对技能，因为在这之前，他们生

活中的***磕磕碰碰***都已事先被消除了。

☛ **myopic 近视的**→目光短浅的

Theodore Levitt believes that organizations that narrowly define themselves and focus on their products become ***myopic*** and fail along with their ***myopic*** products.

西奥多·莱维特认为，那些狭隘地定义自己并专注于自己产品的公司会变得***目光短浅***，且终究会因产品***短视***而失败。

☛ **nudge 用肘轻推**→推动，动力

Do older workers need a ***nudge*** out of the workplace?

年长的员工离开职场是否需要***助力***？

☛ **pinch 夹痛**→压力

While it's true that some of the nocuous elements of our education system came prior to Common Core, parents, teachers and students have started to feel the ***pinch*** due to these difficult, frequent and politicized standardized tests.

虽然我们的教育体制中一些有害的元素是在《共同核心课程标准》之前出现的，但因为这些有难度的、频繁的和政治化的标准化考试，家长、老师和学生已经开始感受到***压力***。

☛ **pinch 夹痛**——in a pinch 在紧要关头

Well, he did ask—but history suggests that ***in a pinch***, he would have sorted it out, and had he missed something, it would have worked out in the end.

嗯，他确实咨询过——但是历史表明，***在紧要关头***，他会成功解决的；如果错过了什么，他最终也会成功的。

☛ **plague 瘟疫**→灾祸；麻烦

As the death of the actor Philip Seymour Hoffman and the rise of overdoses in New England indicate, heroin continues to be a ***plague*** of both desperate poverty and tortured privilege.

演员菲利普·塞默·霍夫曼的死亡和新英格兰地区瘾君子的暴增都表明，海洛因仍然是极度贫困群体和饱受折磨群体的***灾祸***。

☛ **plethora 多血症**——a plethora of 许多的，大量的

For women the stigma of being single and the pressure of marriage have eased, and we are enjoying active social lives that involve a circle of family and friends and ***a plethora of***

cultural and social activities.

对于女性来说，单身的污名有所减轻，结婚的压力也没有那么大了，现在是享受着活跃的社交生活，有着自己的家人和朋友圈，以及***大量的***文化和社会活动。

☛ rash 皮疹→突然大量出现的事物

But the ***rash*** of illegal, exploitative situations has destroyed any notion that internships are inherently “win-win”.

但非法的剥削情形***突然大量出现***，摧毁了实习本质上是“双赢”的理念。

☛ sanitize 消毒→处理

Until Elizabeth Taylor, the old studios had kept the personal lives of stars carefully managed, allowing only ***sanitized*** glimpses behind the scenes.

伊丽莎白·泰勒之前，老电影制片厂总是精心地安排好明星的个人生活，偶尔被发现的也是暗中***处理***过的。

☛ scalpel 手术刀→大动干戈

Is it immutable, or can it be changed by a ***scalpel*** or stroke of a pen?

它是不可改变的，还是可以***用手术刀大动干戈***或钢笔稍微修改？

☛ scrape 擦伤——scrape by 勉强（度过、通过等）

Most of them have learned to live on very little money during their college years, so they can manage to ***scrape by*** for a while.

他们大部分人在大学期间已经学会只靠一点点钱生活，因此他们也能***勉强度过***一段时间。

☛ scratch 刮伤——scratch the surface 只做了肤浅的研究

But like the mismeasure of the population explosion before it, analyses of this brave new demographic revolution for the most part have only begun to ***scratch the surface***.

但如同之前对人口爆炸的错误估量，对人口统计学大胆全新变革的分析在很大程度上也***只是做了肤浅的研究***。

☛ shroud 裹尸布→掩盖

For instance, to avoid discrimination lawsuits, employers often ***shroud*** the motivations for all personnel decisions in ambiguity—a practice that may hide the capricious employment decisions of low-level supervisors from senior management.

例如，为了避免歧视诉讼，雇主往往会***掩盖***所有人事决策的模糊动机——这种做法可能会掩盖低级管理人员反复无常的雇用决策，而不让高级管理人员发觉。

☛ **siphon off 用虹吸管吸出**→抽取；分流

These schools have ***siphoned off*** the better students and contributed to declining enrollment at neighborhood schools.

这些学校***分流***了更好的学生，导致社区学校的入学人数下降。

☛ **snake oil 蛇油**→江湖庸医的骗术

By teaching to tests—which, let's be honest is bound to happen; indeed it's becoming our mandate—we are squandering opportunities for learning, and burdening our teachers with pointless tasks that highlight the latest educational "***snake oil***".

通过教会学生考试——说实在的，一定会教学生考试的；事实上，这正成为我们的首要任务——我们浪费了学习的机会，给老师布置了一些毫无意义的任务而加重了他们的负担，而这也突出了最新的教育"***蛇油骗术***"。

☛ **sniffle 喷嚏**→感冒

Once Jack has a cold, his mom will come to the university to visit him. Now, he is waiting around hoping to get another ***sniffle***.

一旦杰克感冒，他妈妈就会到学校看他。现在，他竟然指望自己再次***感冒***。

☛ **spineless 无脊椎的**→没有骨气的，懦弱的

Since 2000, when conventional Democratic wisdom concluded that Al Gore's views on gun control helped cost him the election to George W. Bush, most of the party has become ***spineless*** on the issue, and that has come to include Obama.

2000 年以来，当传统的民主党人士认为由于阿尔·戈尔对枪支管制的看法使他在大选中输给了乔治·沃克·布什时，大多数民主党人士在这一问题上变得***毫无主见***，而奥巴马也因此受到了影响。

☛ **stanch 止血**→使不漏；阻止

Some cities have tried to firmly restrict the sale and possession of handguns to help ***stanch*** the flow of weapons.

一些城市试图坚决限制出售和持有手枪，以便***阻止***武器的流通。

☛ **staunch 止血**→止住；阻止

They invested in well-built and well-designed affordable housing to ***staunch*** the flow of residents to other cities.

他们投资建造了良好的经济适用房，以***阻止***居民流向其他城市。

☛ **steroid 类固醇**→激素；兴奋剂

All kids are born with the instinct to be generous. Yet in a consumer-oriented world, it's tough for parents to nurture the value of giving when so many of the messages kids see and hear are about getting. The holidays are consumerism on ***steroids***.

所有的孩子生来都是慷慨大方的。然而，在以消费者为导向的世界里，当孩子看到和听到的很多信息都是关于"获取"的时候，父母很难培养他们"给予"的价值观。假日是消费的***兴奋剂***。

☛ **sting 刺痛**——sting operation 钓鱼执法，执法圈套

The FBI should have pursued its ***sting operations*** without child pornography distribution by utilizing alternatives such as virtual child pornography or by getting warrants based upon the identifying Internet information they could otherwise gather.

美国联邦调查局本应使用***钓鱼执法***，在没有儿童色情作品传播的情况下，利用其他手段，例如虚拟儿童色情作品，或根据他们可能收集到的互联网信息来获取证据。

☛ **sweat 流汗**→担心，顾忌

When fugitives are on the loose, we don't ***sweat*** what their families will think.

当逃犯逍遥法外的时候，我们不会***顾忌***他们家人的想法。

☛ **swoon 昏迷**→低迷

Virtually all homeowners have been hurt by the market ***swoon*** that began in 2006, but the old had more of a cushion.

实际上，所有的业主都受到 2006 年开始的市场***低迷***的冲击影响，但老业主有更多的缓冲机会。

☛ **throw up 呕吐**→引发；产生

The court's decision ***throws up*** major concerns, some of which the dissent records.

法院的裁决***引发***了一些重大关切问题，其中之一是异议记录。

☛ wean 使断奶→使断念，使放弃

They charge us per use, so we are trying to slowly and steadily ***wean*** ourselves off it by increasing our number of regular customers.

每用一次就收一次费用，所以通过增加老客户数量，我们正努力慢慢地***摆脱***它。

☛ wink 眨眼——a wink of 一丝

Consumers don't lose ***a wink of*** sleep over purchasing derivative works—after all, it's a bargain.

消费者不会因为购买衍生作品而丧失***一丝***睡意——毕竟，还蛮划算的。

☛ wink 眨眼—take/have forty winks 眨眼睛四十次→小睡（尤指白天的小睡）

Many white-collars are in the habit of ***taking forty winks*** after lunch on working days.

许多白领工作日有午餐后***小睡***的习惯。

7. 交通运输

☛ anchor 抛锚→使固定

The project will ***anchor*** up to a thousand new apartments around a rebuilt commuter rail station.

该项目将在重建的通勤铁路车站周围新***建***上千套公寓。

☛ barge 驳船——barge into 蛮不讲理地闯入或打扰

Last summer, the New York Police department ***barged into*** my house in Queens, arrested my husband on vandalism charges and took away art supplies, photo archives and many of my prized possessions while I watched for hours, powerless to stop them.

去年夏天，纽约警察***闯入***我在皇后区的房子，逮捕了我的丈夫，指控他破坏公物，并拿走了美术用品、照片档案和许多宝贵的财产，而我一直盯着他们看了好几个小时，却无力阻止他们。

☛ beltway 环城快道——inside-the-Beltway（华盛顿特区）环城路以内的→华盛顿高官们的；政界精英群的

The ambiguous treatment of "fleeting expletives", the *Saving Private Ryan* unedited telecast or the Janet Jackson wardrobe malfunction fiasco has made the FCC's efforts to enforce these

rules in the age of *Breaking Bad* and *Sopranos* cable programming an ***inside-the-Beltway*** joke (e.g. the name of my law firm's softball team is the "Fleeting Expletives").

"爆粗口"、未经编辑就电视播放的《拯救大兵瑞恩》或者珍妮·杰克逊的露胸事件，对这些事件的模糊处理，都使联邦通信委员会在有着《绝命毒师》和《黑道家族》这样的有线电视节目的时代里，试图实施这些规则，而这种努力却成为***政界精英的***一个笑话（例如，我所在律师事务所的垒球队就叫"爆粗口"）。

☛ berth 停泊处→入场券

The issue of athletes swapping countries to achieve an Olympic ***berth*** is a complicated one.

运动员改变国籍来获得奥运会***入场券***的问题挺复杂的。

☛ black box 黑匣子→复杂难懂的人或者事物

As *The New York Times* magazine writer, Robin Marantz Henig once noted, "the 20s are a ***black box***", with an amazing amount of churn: a third move every year, going through an average of seven jobs, and marrying later than ever.

正如《纽约时报》杂志撰稿人罗宾·马兰茨·赫尼格曾经指出的那样，"二十多岁的人是一个***黑匣子***"，他们有着惊人的变数：一年搬家三次，人均经历七份工作，比以往任何一代人都要晚结婚。

☛ bridge 作为（连接或联系的）桥梁→把……弥合（或连接）起来

Meanwhile, the social ties that can help ***bridge*** childcare gaps are far weaker than in decades past.

与此同时，有助于***弥合***儿童保育差距的社会关系比过去那几十年弱化多了。

☛ bulk 散货——the bulk of 大部分，大多数

At many colleges and universities, students who are academically weak and disengaged constitute ***the bulk of*** the student body, enjoying themselves at the expense of their families and taxpayers.

在许多高校，学术水平较弱并且不参与的学生占了***大多数***。他们花着家人和纳税人的钱，享受大学生活。

☛ buoy 使……像浮标一样浮起→支撑；鼓励

The steel association said some of its steelmakers were planning to cut production by about 20% to help ***buoy*** falling prices.

钢铁工业协会称，有些成员企业计划减产约 20%，以便***支撑***不断下滑的价格。

☛ bus 公共汽车——bus boy 餐馆侍者助手

Watching their moms and dads politely interact with other grown-ups in a restaurant teaches children how to say please and thank you, sit still and appreciate the hard work of servers and ***bus boys*** hustling to make a dime.

看着他们的爸爸、妈妈在餐馆里礼貌地与其他成年人交流，这让孩子们学会如何说“请”和“谢谢”、安静地坐着、体会忙碌的服务员和***餐馆打杂工***辛苦的工作。

☛ channel 沟渠→引导，引入

Yet by ***channeling*** more people into marriage, we limit our imaginations about life outside the marital couple form.

然而，通过将更多的人***引入***婚姻殿堂，我们限制了对婚姻之外生活的想象。

☛ deck 甲板→打扮

These young mostly Latino and African American kids would ***deck*** themselves out in the most extraordinary looks that were not only amazing to look at but also were provocative and subversive. And smart.

这些年轻人大多是拉丁美洲裔和非洲裔的美国人，外表***打扮***得非同寻常，不仅好看得惊人，而且具有煽动性和颠覆性，同时显得很精明。

☛ fare 票价→进展

How are Mayor Bloomberg’s bike lanes ***faring***? Are they proving that they are worth the real estate? What is the best way to promote bicycle transportation?

布隆伯格市长提倡的建设自行车车道***进展***如何？是否证明值得在那块地修建？敦促以自行车作为交通工具的最好办法是什么？

☛ flag 旗帜→标志；称为

Meanwhile, Social Intelligence ***flagged*** a job applicant as “racist” for joining a Facebook group that suggests all people who live in the US should be required to speak English.

与此同时，社会情报部门将一名求职者***称为***“种族主义者”，就因为他在脸书上加入了一个社交群，而这个群建议所有居住在美国的人都应该说英语。

☛ flag 旗帜→疲乏；变弱；衰退

We have to trust innovators and ensure that their enterprise doesn’t ***flag***.

我们必须信任创新者，并确保他们的企业不会***衰退***。

☛ **flag 旗帜**——red flag 红旗→危险信号

Here’s where my ***red flags*** go up.

这里是出现***危险信号***的地方。

☛ **free-wheeling 飞轮**→随心所欲的，自由自在的

Alongside all of the imaginative designs for living generated in ***free-wheeling*** conversations by a pair of friends here or a group of baby boomers there, are options that are becoming systematized.

除了这儿的一些朋友或那儿的一群婴儿潮一代在***自由自在的***谈话中所产生的富有想象力的生活方式之外，还可以选择正被系统化的生活。

☛ **hatch 舱口**——escape hatch 安全舱口→应急出口

It is an effort to allow parents or children who want or need something different to get it. It’s a nearly immovable ***escape hatch***—parents would have to pay to develop their preferred curricula, while schools could potentially face overwhelming demands to furnish personalized learning—but it at least acknowledges that one size does not fit all.

这种努力是令有着不同需求的父母或孩子得到满足。这是一种几乎不可改变的***应急出口***——家长必须花钱让学校开设他们喜欢的课程，而学校可能会面临要求提供个性化学习的巨大需求——但它至少承认，一种教学方式并不适合所有人。

☛ **helicopter 直升机**——helicopter parenting 直升机式养育方式（盘旋空降到子女身边，持续教育、关注子女）

The result of a generation of ***helicopter parenting*** has been a smart, creative cohort of young adults—who call their parents from a burning building instead of 911.

直升机式养育方式造就的一代是一群“聪明、富有创造力的”年轻人——所在的大楼失火时，他们打电话给父母，而不是打 911。

☛ **high-flying 在高空飞行的**→雄心勃勃的

Once the most respected professors on campus were the best teachers; now they are the most productive researchers and ***high-flying*** grant-getters.

以前，校园里最受尊敬的教授是最好的教师；而如今，他们都成了最多产的研究人员和***雄心勃勃的***项目主持人。

☛ **hold 船舱**——no holds barred 不留情面的

But these "***no holds barred***" shows never mock, say, 9/11 victims, or soldiers killed in Iraq.

但是，这些"***不留情面的***"节目从来没有嘲笑过，比如说 9 · 11 事件受害者，或者在伊拉克阵亡的士兵。

☛ **hover（飞机）盘旋**→徘徊

Youth unemployment ***hovers*** above 18 percent, near an all-time high.

年轻人失业率一直***徘徊***在 18% 以上，接近历史高点。

☛ **hurdle 路障**→障碍，挫折

These workers face ***hurdles*** at every step: not being hired, or being harassed, fired or overlooked for deserved promotions.

这些工人每走一步都面临着各种***障碍***：未被录用，或者被骚扰、被解雇或本应升职却被忽略了。

☛ **jack 千斤顶**——jack up 用千斤顶托起→提高，抬高

"Cost overruns" permeate weapons procurement—contractors underbid and then subsequently ***jack up*** prices.

"成本超支"渗透在武器采购的方方面面——承包商出价低，随后又***抬高***了价格。

☛ **land 着陆**——land on one's feet 脚踏实地，实干

Nonetheless, the vast majority of college graduates will continue to ***land on their feet***: last month, the unemployment rate for college graduates was 4.3 percent, less than half the overall rate.

尽管如此，绝大多数大学毕业生仍将继续***脚踏实地***：上个月，大学毕业生的失业率为 4.3%，不到整体失业率的一半。

☛ **mile 一英里**——miss...by a mile 离……差得太远

Johnson ***missed*** the target ***by a mile***, so he still had to struggle hard.

约翰逊***离***目标还***差得太远***，所以他还得努力奋斗。

☛ **navigate 航行，航空**→遨游

On most major social networking sites, you virtually ***navigate*** within familiar circles.

在大多数主要的社交网站上，你实际上只是***遨游***于熟悉的社交圈。

☛ **overdrive 过载**——in overdrive 超负荷运转；投入过多的精力

The immigration enforcement apparatus in the United States is already ***in overdrive***.

美国的移民执法机构已经在***超负荷运转***。

☛ **province 省份**→领域

The big myth is that creativity is the ***province*** of great individual geniuses.

最大的谣言是，创造力只是伟大个人天才的***事***。

☛ **ratchet 棘轮**——ratchet effect 棘轮效应（指一个行为在经过了一个阶段之后，就很难回到从前，就像在机械上被固定后而回不到从前的棘轮一样）

In Walker's view, only such structural reform can prevent the ***ratchet effect*** that will start up again once the economy regains its footing.

在沃克看来，只有这样的结构性改革才能防止***棘轮效应***：一旦经济重新站稳脚，恢复过来，它就会再次启动。

☛ **ratchet 像棘轮般转动**——ratchet up 像棘轮般向上转动→逐渐升高；增加

This claim is not supported by any evidence and is clearly bogus; the reason the food industry has ***ratcheted up*** the sodium content of food is to increase consumption of their products, not reduce it.

这一主张得不到任何证据的支持，而且明显是虚假的；食品工业***逐步提高***食品钠含量的原因是为了增加而不是减少产品的消费。

☛ **ride 乘骑**——ride out 安全或安然渡过，经受得住

Ride out scandals with panache.

耍派头来***安然渡过***丑闻危机。

☛ **road 道路**——bumpy road 崎岖的道路→艰辛的路

The US economy will continue along a ***bumpy road***.

美国经济发展之路将是***崎岖的艰辛之路***。

☛ **ship 船舶**——right the ship 挽回颓势；回归正轨

She tried hard to ***right the ship***, making movies with talented filmmakers like Vincente Minnelli and John Huston, even teaming with a hot post-*Bonnie and Clyde* Warren Beatty in *The Only Game in Town*, but nothing clicked.

她努力地想***挽回颓势***，跟文森特·明尼利和约翰·休斯顿这样才华横溢的导演拍电影，甚至联袂因《邦尼和克莱德》而蹿红的沃伦·贝蒂出演《人间游戏》，但都于事无补。

☛ **ship 船舶**——sinking ship 正在下沉的船→下降，日益减少

Trust in the news media is a ***sinking ship***.

对新闻媒体的信任感犹如一艘***正在下沉的船***，***日益下降***。

☛ **strand 使搁浅**→滞留

Over 4,000 flights were canceled in New York alone, and thousands of passengers were ***stranded***.

仅在纽约就有超过 4 000 个航班被取消，数千名乘客***滞留***。

☛ **street 街道**——take to the streets 走上街头→抗议，游行

French workers ***took to the streets*** on Thursday to protest their government's plan to raise the retirement age from 60—yes, 60—to 61 or 62.

周四，法国工人***走上街头***，抗议政府计划将退休年龄从 60 岁提高到 61 岁或 62 岁。

☛ **tank 乘坦克行进**→表现得很糟糕

In his column on Monday, David Brooks said that when the economy ***tanked***, the "great age of headroom"—supersized houses being the main example—came to an end.

在周一的专栏中，大卫·布鲁克斯表示，经济状况***很糟糕***时，"净空的伟大时代"——超大住宅就是主要的例子——也走到了尽头。

☛ **thwart 独木舟的横梁**→阻碍，阻挠

What if the 9/11 terrorists had been ***thwarted*** at the security checkpoint?

如果 9·11 事件恐怖分子在安检时就被***挫败***，又会怎么样呢？

☛ **ticket 罚单**→给……开罚单

You might think that the police officer who pulled me over wasn't doing his job, because he didn't ***ticket*** me.

你可能认为警察没有尽职，因为他只是让我把车停到路边，却没有***给***我***开罚单***。

☛ **tightrope 钢丝绳**——walk the tightrope 走钢丝→冒险

While the US economy may need consumers to buy more in the short term, why would it

be harmful if Americans became careful, rather than care-free, spenders? How does the US government ***walk the tightrope***?

虽然美国经济可能需要消费者在短期内进行更多的消费，但如果美国人变得花钱谨慎，而不是大手大脚，怎么会有害处呢？美国政府是如何***冒险走钢丝***的？

☛ **trolley 电车**——trolley problem 电车问题→难以抉择的困境

This is a "***trolley problem***" dilemma for the FBI.

这是美国联邦调查局的"***电车问题***"困境。

☛ **turbo-charged 涡轮增压的**→驱动的

Unfortunately, too many New Yorkers say, "This is normal. The city always changes." They're in denial. This is not normal. It is state-sponsored, corporate-driven and ***turbo-charged***.

不幸的是，太多的纽约人都说："这很正常。这个城市一直在变化。"他们这是在否认。这是不正常的。这是由政府资助、由公司***驱动***的。

☛ **twist and turn 迂回曲折**→起起落落

And, critically, she knew how to exploit every ***twist and turn*** of her epic life—be it a health crisis, a romance, a scandal, a marriage, a divorce—and make it work for her.

而且，关键是她知道如何利用她史诗般生活的***起起落落***：不管是健康问题、情事、丑闻、结婚，还是离婚，都能够给她带来宣传效果。

☛ **uncouple 使（车辆、车厢等）分离**→分开；区别

My philosophy, and one shared by other activists and supported by scientists, is that we need to ***uncouple*** weight and health.

我的哲学观点，也是其他激进人士所持有并得到科学家支持的观点：我们须要***区别***体重和健康。

☛ **wrecker's ball 清障球**→清拆的下场

Art deco once faced the ***wrecker's ball***.

艺术装饰曾经面临***清拆的下场***。

8. 科技产品

☛ android 安卓系统→安卓手机，安卓机器人

Do the latest social networks foster strong ties or weak ones? If you frame the question that starkly, the answer is obvious. Generally speaking, digital ties aren't as powerful as the friendships and commitments we make in person. You'd have to be an ***android*** to disagree.

最新的社交网络是强化还是弱化了社会关系？如果把这个问题描述得很清楚，答案是显而易见的。一般来说，数字化关系并不如现实的友谊和承诺那样强大。除非你是***安卓机器人***，你才会不赞成这个观点。

☛ drone 无人机→懒虫；无所事事的人

Whether companies like it or not, employees tend to become mini-ambassadors for their brand, even if it's just on their Facebook profile page where someone lists herself as "corporate ***drone***" at company X.

不管公司愿不愿意，员工往往会成为自己品牌的迷你大使。即使只是在脸书的个人主页上，也有人将自己列为 X 公司的"公司***懒虫***"。

☛ engine 引擎→关键

Echoing his predecessors and politicians around the country, last month Governor-elect Daniel Malloy told a crowd that this "University is a critical ***engine*** for the state's economy and our workforce. An invigorated University of Connecticut goes a long way to creating a more economically healthy Connecticut."

与他的前任们和全国各地的政治家一样，上个月当选州长的丹尼尔·马洛伊演讲时称，"大学是本州经济和劳动力的一个关键***引擎***。充满活力的康涅狄格大学大大助力康涅狄格州经济的健康发展。"

☛ outset（科技）开端——at the outset 开始，起初

As a law professor of a certain age, I should confess ***at the outset*** that I rarely use makeup.

作为一名有一定年纪的法学教授，我应该***一开始***就承认我很少化妆。

☛ rocket science 火箭科学→（比喻，常用于否定句）错综复杂的事，高深莫测的事

And if they aren't feeling grateful and we're feeling guilty, it isn't ***rocket science*** to

recalibrate.

如果他们不存感激，而我们又备感内疚，那么，重新调整就不是***错综复杂的事***了。

☛ **screen 屏幕**→电脑

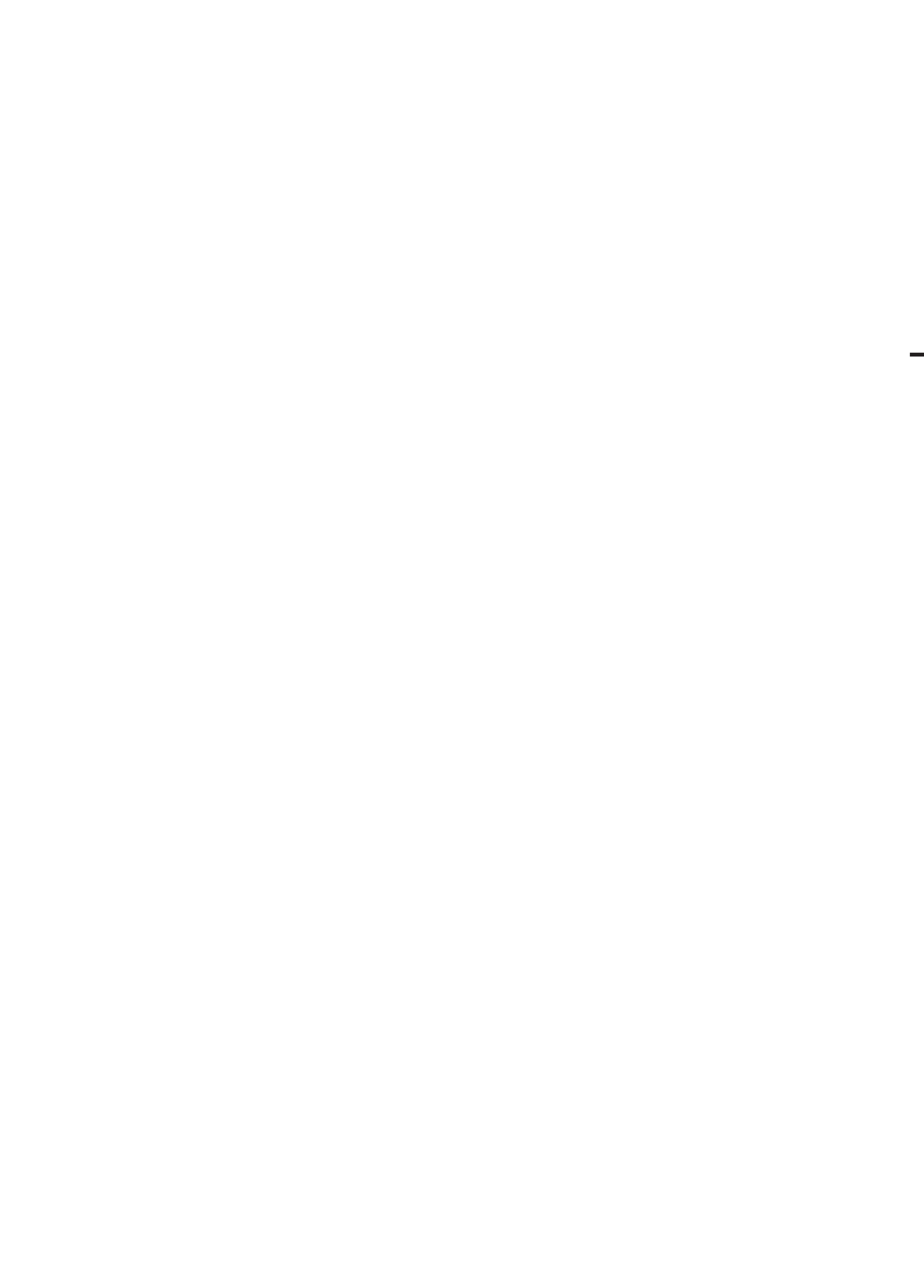
The problem is obvious. To do the same thing online would take two hours! Each query, comment, suggestion, and rejoinder would have to go into print and travel from ***screen*** to ***screen***.

这个问题是显而易见的。在网上做同样的事情需要两个小时！每个查询、评论、建议和回答都必须打印出来，从一台***电脑***到另一台***电脑***进行传输。

☛ **speed dial 快速拨号盘**→第一时间救急

But in a real sense, students don't really leave their parents behind. Their parents go to college right along with them—in their front pockets. That is, the parents are a ***speed dial*** away by cellphone.

但从真正意义上讲，学生并没有甩开父母。父母陪他们一起上大学，就像放在他们前侧口袋里。也就是说，父母是他们手机上的***快速拨号盘***，会***第一时间救急***。



二、自然环境与农业、动植物

1. 自然环境

☛ **air 空气**→播放

The talk show was removed from the ***air*** in 2012.

2012 年，这个脱口秀节目被停***播***了。

☛ **avalanche 雪崩**——avalanches of 许多

In short, the Internet itself is partly to blame. Much of what makes it great—its speed, low cost, scope, size and pseudonymity—also facilitates ***avalanches of*** hate.

简而言之，互联网本身在一定程度上就是罪魁祸首。它的伟大之处——它的速度、低成本、涉及的范围、规模和使用假名——也产生了***许多***仇恨。

☛ **awash 被浪冲打的；与水面齐平的**——be awash in sth. 充满着

Cushing Academy today ***is awash in*** books of all formats.

如今的库欣学院***满是***各种不同开本的书籍，***浩如烟海***。

☛ **backwater 死水**→停滞不前的状态或地方；与世隔绝

Once a sleepy ***backwater*** of the broadcasting world, Spanish media is now big business and there is barely a city or town in the country where you cannot find some type of Spanish broadcasting on TV or radio.

西班牙语媒体曾经是广播界的一潭***死水***，现在却成了主要业务。在这个国家里，几乎没有一座城市或城镇的电视或广播里找不到西班牙语节目。

☛ bicker（溪流）潺潺地流；（雨等）淅沥地下→斗嘴，争吵

Desperate refugees and migrants are shunted around or left adrift, as international cooperation degenerates into ***bickering*** about burden sharing.

绝望的难民和移民被边缘化或被迫离开，因为国际合作退化成为涉及分摊负担的***争吵***。

☛ bonanza 富矿带→带来好运之事；幸运

Prescriptions for our most pressing social issues emerge from the patterns found in the ***bonanza*** of collected data points.

最紧迫的社会问题的解决方案源于在收集到的数据点中被***幸运***发现的模式。

☛ cave 洞穴→屈从

But judges are not supposed to ***cave*** into political pressure, not listen to the press drumbeat; that is what judicial independence means.

但是，法官不应该***屈从***于政治压力，不应该听从于媒体的鼓噪；这就是司法独立的含义。

☛ cliff 悬崖→绝境，困境

Meanwhile, in the getting-there phase, the Clintons have been forced to reverse roles prematurely: Hillary, having saved Bill's political career as it headed off several ***cliffs*** with other women at the bottom, is now the endangered spouse; and he is now trying to save her political career.

与此同时，处于上升阶段的时候，克林顿夫妇被迫过早地扭转了角色：比尔因为跟底下其他女人的关系，有几次都处于***困境***中，是希拉里挽救了比尔的政治生涯，她是目前非常罕见的配偶了；而他现在正在努力挽救她的政治生涯。

☛ cloud 以云遮蔽→使混乱；蒙蔽

It should help women and doctors make decisions less ***clouded*** by fear.

它应该能帮助女性和医生做出更少为恐惧所***蒙蔽***的决定。

☛ coast 海岸→（沿海岸航行）成功

In contrast to business (with the exception of accounting and finance), it's far more difficult to ***coast*** if you major in the liberal arts or sciences.

与商科（会计和金融除外）相比，如果主修文科或理科，那会很难***获得成功***。

☛ **cross a line in the sand 在沙中画了一条线**→划清界限

But it is bizarre and unsettling to imagine that, as a sperm donor, one man could have unwittingly sired 150 children. In a case like this, somewhere along the way, the industry ***crossed a line in the sand***.

但是，试想一下，作为精子捐献者，一个男人可能在不知不觉中成了一百五十个孩子的父亲，这很奇葩，也很令人不安。像这种情况，在发展过程中，该（生殖）产业***划清了界限***。

☛ **dampen 使……潮湿**→抑制；使……沮丧

They can either reward or ***dampen*** your hard work.

他们要么奖励，要么***抑制***你的努力工作。

☛ **doldrums 赤道无风带**→（经济或价格的）停滞，不景气

Computer science is a hot major again. It had been in the ***doldrums*** after the dot-com bust a decade ago, but with the social media gold rush and the success of *The Social Network*, computer science departments are transforming themselves to meet the demand.

计算机科学又成了热门专业。十年前，互联网泡沫破灭后，它一直处于***低迷状态***，但随着社交媒体淘金热和电影《社交网络》的成功，计算机科学系正在改变自身以满足需求。

☛ **down-to-earth 脚踏实地的**→务实的，实际的，切实可行的

If you enjoy watching very big ideas get tested in ***down-to-earth*** ways, you have every reason to keep an eye on the public lands, the testing grounds for assessing the compatibility of democracy and conservation.

如果你想看着伟大的思想能够以***切实可行的***方式得以验证，那么，你有理由关注公共土地，这是对民主与保守的兼容进行评估的依据。

☛ **drench 浸泡**——be drenched in 满是……；沉浸在……之中

It was 9 am, and I ***was*** already ***drenched in*** sweat.

上午九点时，我已经***汗流浃背***了。

☛ **dust 尘埃**——the dust settles 尘埃落定→事情有了结局或结果

Even when ***the dust settles***, used Toyotas will not be looked at the way they were a month ago.

即使事情**尘埃落定**了，二手丰田车也不会有一个月前那样的待遇了。

☛ **eclipse 形成月食或日食**→使……黯然失色

Their provocative assertions have ***eclipsed*** reasonable social rationales embraced particularly among newly formed single-sex schools.

他们的挑衅论断已经**使**一些合理的社交基本原理**黯然失色**，尤其是刚成立的单一性别学校所拥护的那些基本原理。

☛ **flood 洪水**→（洪水般）淹没；涌至

Readers would ***flood*** to the story, boosting traffic from thousands of clicks to millions in just a few hours.

读者会**蜂拥般点击**这个故事，短短几个小时内，点击量就从几千到上百万，大大增加了流量。

☛ **floodgate 水闸**——open the floodgates 打开闸门→失控

Otherwise, the floodgates will be open to crackpots of all stripes—and ***opening the floodgates*** to the frequent publication of crackpot ideas in top-notch journals would, in its own different way, spell the end of science as we know it.

否则，闸门将对形形色色的疯子开放——而且一旦**打开闸门**，让那些疯狂的想法得以在一流期刊上频繁发表，这将以其不同的方式终结我们所知的科学。

☛ **galaxy 银河**——the galaxy of 一群，一批

Beyond being able to stream essentially ***the galaxy of*** recorded music for free or virtually free, festivals have become an embarrassment of riches for fans seeking to hear any number of their favorite artists over the span of a day or so.

除了能够免费或几乎免费地播放**一大批**录制的音乐之外，对于想要在一天左右的时间里聆听最喜爱的音乐的那些人来说，音乐节因为资源太丰富而显得有点尴尬了。

☛ **glacial 冰河时代的**→非常缓慢的

Reforming legal education—an urgent societal need—is a ***glacial*** process.

改革法律教育——一个迫切的社会需要——是一个**非常缓慢的**过程。

☛ **greenwashing 漂绿**→虚假公关

Marketers always jump on the latest fad: whether it's Häagen-Dazs's Five, a line of ice creams with only five ingredients (never mind that Häagen-Dazs vanilla has always had just five

ingredients)—or McDonald's 2003 promise to reduce the use of antibiotics fed to cattle, never fulfilled. So it's easy to dismiss new initiatives as ***greenwashing***.

搞市场营销的总是会对最潮的东西感兴趣：不管是哈根达斯的一款只有五种成分的冰激凌（别在意哈根达斯的香草冰激凌一直只有五种成分）——或者麦当劳2003年承诺减少用抗生素喂养牛的做法，却从来没有实现过。因此，人们很容易将新举措斥为“***漂绿***”，即***虚假公关***。

☛ groundswell 海啸；地表隆起→（群情、舆论等的）迅速高涨，高涨势头

The majority of national plebiscites are not generated from a ***groundswell*** of citizen support, but rather, as in the case of Hungary, imposed by seated representatives in an effort to rubber-stamp controversial policies.

大多数的全民公投不是由公民支持的***舆论浪潮***产生的，而是像匈牙利那样由固定的代表强加的，他们就想盖章批准有争议的政策。

☛ gulf 鸿沟→差距

There is a huge ***gulf*** between pay transparency—like we see in many public sector settings, where wage gaps between men and women tend to be lower—and these recent policies to help narrow gender pay disparities.

薪酬透明度方面存在着巨大的***差距***——就像我们在许多公共部门中所看到的那样，男女之间的工资差距往往更小——而最近的这些政策有助于缩小性别收入差距。

☛ headwind 逆风，顶头风→强大的阻力

Enduring sacrifice is part of the job. But you need money to eat and pay the rent, and the same ***headwinds*** that face working-class Americans—stagnant or declining income, increased costs of housing and health care—have long been pushing against those who make their living in the arts.

持久的奉献是工作的一部分。但是，你需要钱来吃饭和支付房租，美国工薪阶层面临的***逆风阻力***——收入停滞不前或下降、住房和医疗费用增加——同样地，长期以来一直在逼迫那些在艺术领域谋生的人。

☛ hole 洞——hole sb. up 把某人隐藏起来

When we imagine an online course, we think of a solitary process in which a student is ***holed up*** with his or her computer watching PowerPoints, paging through screens of text and solving

a whole bunch of problems.

想象一门在线课程时，我们会想到一个孤立的过程：其中，学生貌似被***隐藏起来***，用电脑看幻灯片、翻屏阅读及解决一系列的问题。

☛ **hole 洞**——rabbit hole 兔子洞→令人困惑、混沌的局势或情形

Even while we await a doctor’s appointment, many of us find ourselves descending into an Internet ***rabbit hole*** of information. We click from symptom to symptom, consuming gruesome photos and reading horrific accounts until we are scared silly and quite certain we are dying. Our heart starts racing, we start sweating, and then we fixate on the most frightening answer such as: The small discoloration on our arm is a symptom of an incurable, rare disorder.

即使等待医生预约的时候，我们中的许多人还是会发现自己掉进了一个信息网络***兔子洞般的混乱局面***里。我们不断地点击各种症状，看着可怕的照片并阅读恐怖的记录，直到被吓傻了，而且很确定我们即将死去。我们开始心跳加速、出汗，然后注视着最可怕的答案，例如我们手臂上的小斑点是一种无法治愈的罕见紊乱疾病的症状。

☛ **hot water 热水**→水深火热；困境

Yet that hasn’t put a stop to the dozens of incidents every year in which passengers find themselves in ***hot water*** after disregarding their flight crew’s instructions.

然而，这并没有制止每年发生的几十起事故。在这些事故中，无视航务人员的指示后，乘客往往发现自己陷入了***困境***。

☛ **iceberg 冰山**——tip of the iceberg 冰山一角→（某种现象的）最初（或最表面、最明显）的显露；小中见大的征兆

The experience of Nobel Prize winners with sometimes long publishing delays and denials is only the ***tip of the iceberg***. Such reluctance is often driven by threats to egos and by turf protection. But at a much more insidious level, we see the recent “climategate” scandal where well-known scientists actually colluded to exclude contrarian viewpoints from being published.

诺贝尔奖得主的经验：有时长时间的延期出版，有时被否掉，都只是***冰山一角***。这种勉强往往是受自我威胁和地盘保护所驱动。但是，在更隐蔽的层面上，我们看到了

最近的"气候门"丑闻，即一些著名的科学家实际上串通一气来排除反向观点的出版。

☛ **icebreaker 碎冰船，破冰设备**→缓和拘谨气氛（或打破僵局）的事物（或行为举止）；使谈话（或讨论、会议、社会活动等）活跃起来的言语（或事物），活跃气氛的攀谈

I'm asked this question regularly when meeting new friends or going out on dates, usually as an easy ***icebreaker***. Although I always respond with "I'm a Gemini", for me, this question does not "break the ice" as much as it solidifies it. I may fit the bill for a Gemini because I'm talkative, but then again, I'm not a social butterfly.

遇到新朋友或约会时，我经常被问到这个问题，通常可以***活跃气氛***。虽然我总是以"我是双子座"来回应，但对我来说，这个问题与其说是"破冰"，不如说是"固冰"。我可能是属于双子座的人，因为我很健谈，但话说回来，我又不是交际花。

☛ **inundate（洪水）淹没**→ be inundated with... 被……所淹没

Despite ***being inundated with*** data and messages, Americans today don't seem any better informed than they were before the arrival of the Web.

尽管***淹没于***大量的数据和信息中，但今天的美国人似乎并不比互联网产生之前更有见识。

☛ **level 水平线**→ level with sb. 同某人说实话

If they just ***leveled with*** him, Frank and his family could stay with the Jersey relatives, if the Jersey relatives will still have them, or at least find some place to stay for a night or two other than the cold floor of an airport terminal.

如果他们就***和***他***说实话***，而泽西岛的亲戚还能收留他们，那么，弗兰克及其家人就可以和泽西岛的亲戚住在一起；或者至少给他们找个地方住上一两晚，他们就不用睡在机场候机楼冰冷的地板上。

☛ **mire 泥潭，泥沼**→陷入困境

This unfair and ugly practice also functions to keep entire families and communities ***mired*** in poverty.

这种不公和丑陋的做法也使全部家庭和社区***陷入***贫困。

☛ **moonlight 月光**→兼职

And researchers who are ***moonlighting*** for outside groups aren't necessarily untrustworthy.

那些到外部机构***兼职***的研究人员并不一定是不可信赖的。

☛ poach 侵入（他人境界）偷猎→非法猎取，非法取得

Likewise, it may be reasonable for a company to want to prevent former sales employees from ***poaching*** certain customers, especially in cases where the employees fostered those relationships at the employer's expense.

同样，对于一个公司来说，特别是在员工花雇主的钱来培养这些关系的情况下，想要阻止前销售人员***挖走***某些客户是合理的。

☛ pool 池塘，水池→社交圈

And, while the dating ***pool*** may be thin during college, most men and women continue dating long past college, giving women plenty of time to meet men beyond the confines of the university.

而且，虽然大学期间约会***社交圈***很窄，但大多数男男女女在大学毕业后继续约会，这让女性有足够的时间结识大学以外的男性。

☛ pool 池塘，水池——enter the marriage pool 进入婚姻池→步入婚姻的殿堂，结婚

Many couples who 50 years ago would have married to "legitimize" a child conceived before wedlock, and then divorced a few years later, now never ***enter the marriage pool*** at all.

五十年前，许多情侣会结婚，使婚前怀上的孩子"合法化"，几年后再离婚，而现在根本就不会***步入婚姻的殿堂***。

☛ quagmire 沼泽（地）→无法脱身的困境

It's far too late to argue that the US economy hasn't fallen into a Japanese-like ***quagmire***.

现在说美国经济还未陷入日本式的***泥潭困境***已为时太晚。

☛ river 河流——Hudson River-size 哈德逊河般的→很多的；巨大的

You cannot think straight, sit straight or even sleep straight when you are overheating. You're likely to wake up in a ***Hudson River-size*** puddle of your own juices.

过热时，你无法清楚地思考、坐直腰板，甚至直接入睡。你醒过来时，可能出了***很多***汗，像是刚从***哈德逊河***出来***一般***，浑身湿透了。

☛ rock 岩石→摇动，撼动

Protests continue to ***rock*** Ferguson, Missouri, after the killing of an unarmed black teenager.

在一名手无寸铁的黑人少年被杀后，抗议活动仍***撼动着***密苏里州的弗格森镇。

☛ **rock bottom 最低点**→最低水平

The Federal Reserve's policy of keeping interest rates at ***rock bottom*** is meant to stimulate the economy and encourage people to invest and borrow.

美联储将利率维持在***最低水平***的政策，是为了刺激经济，鼓励人们投资和借贷。

☛ **sea 大海**——a sea of 许多，一大堆

Many argue that de-gendering toys would prevent children from playing with gender-typical toys and force them into ***a sea of*** drab and homogenous toys.

许多人认为，"去性别化"玩具将阻止儿童玩有性别特征的玩具，并迫使儿童只能玩***一大堆***单调乏味的同质化玩具。

☛ **season 季节**——in the shoulder season or off season 平季或者淡季

Visit popular sites like Machu Picchu ***in the shoulder season or off season***.

在平季或淡季时，到一些受欢迎的地方旅游，例如马丘比丘。

☛ **shade 为……遮阳**→掩盖，遮掩

To forestall this state of affairs, the press might ***shade*** their coverage to protect their ability to interact with the president online.

为了防止这种情况，媒体可能会***掩盖***新闻报道，以保证与总统在线互动。

☛ **shore 海滨，海岸**——shore up 支撑

In fact, this clash is yet another distraction from the kinds of ideas that will ***shore up*** what is fundamentally valuable about our democratically governed public education system—ideas like creating equity throughout all schools, and enhancing required training and public respect of the teaching profession.

事实上，这种冲突是在分散各种思想的注意力。这些思想将***支撑起***民主治理的公共教育体制的基本价值观，比如在所有学校建立平等的权益，加强对教师职业的培训和公众对教师职业的尊重。

☛ **sky 天空**——sky-high 天一样高的→居高不下的，极高的

Everything is going their way: ***sky-high*** gas price, a weak economy and a deeply unpopular president.

所有的一切都正按其路径发展：***居高不下的***油价、疲软的经济、很不得人心的总统。

☛ slew 沼地——a slew of 极多的，许多的

Unlike 2012 and ***a slew of*** gadfly conservatives with no real business being on a presidential debate stage, the 2016 field reflects the party's record congressional and state numbers.

有别于 2012 年及在总统候选人辩论舞台上有着***极多的***、没有实际意义的牛虻保守党，2016 年的竞选活动反映了该党在国会和各州的创纪录人数。

☛ slippery slope 滑坡→滑向；加剧

Conservative fearmongers have long warned that same-sex marriage will send the nation down a ***slippery slope*** to polygamy, and they're pointing to the recent Utah decision as evidence.

散布恐惧的保守人士一直警告说，同性婚姻会使国家***走向***一夫多妻制。他们指出犹他州最近的裁决就是证据。

☛ stellar 星球的，由星球组成的→一流的，优秀的

If you're among the small handful of students who have ***stellar*** SAT scores and parents with several hundred thousand dollars to spend, you should seriously consider going to an elite college or university.

如果你是大学入学考试成绩***极其优秀***的少数学生之一，而且家长有几十万美元，那么，你应该认真考虑上一所精英大学。

☛ streak（地质方面）线条→系列，连续

As they see it, the beleaguered American worker is suffering through a 40-year losing ***streak***.

在他们看来，饱经风霜的美国工人正遭受着长达四十年***连续***失利的痛苦。

☛ trash 垃圾→丢弃；破坏

Belize has restricted cruise passengers to one beach area—a practice known in the industry as a sacrifice zone—to protect other areas from being ***trashed***.

伯利兹城已经把邮轮上的乘客限制在一定的沙滩区域——这种做法在业内被称为“牺牲带”——保护其他地区免受***破坏***。

☛ trickle 细细地流→慢慢地移动

Because there is no critical mass of women directors, women onscreen and women's films in the development pipeline, films about women and films directed by women simply ***trickle*** into theaters.

由于女性导演、银幕上的女性和女性电影在发展过程中没有关键的群体，所以关于女性的电影和女性导演的电影要在电影院上映只能***慢慢来***。

☛ **trickle-down 向下滴流的**——trickle-down effect 涓滴效应（指在经济发展过程中并不给予贫困阶层、弱势群体或贫困地区特别的优待，而是由优先发展起来的群体或地区通过消费、就业等方面惠及贫困阶层或地区，带动其发展和富裕）

When I think of the ***trickle-down effect*** that my efforts could have, I am also motivated to push myself a little harder.

想到自己的努力可能产生***涓滴效应***时，我也有动力让自己更加努力。

☛ **tsunami 海啸**→强势

Granting your children greater say in the family—within limits!—better prepares them for the ***tsunami*** of independence to come.

让你的孩子在家中拥有更大的话语权——在一定的范围内！——更好地为他们***海啸般强势***的独立做好准备。

☛ **uncharted 地图上未标明的**→未知的

Yet, for a variety of reasons—some good, some not-so-good, but all largely beyond our control—today's long-lasting marriages are entering ***uncharted*** territory, with new challenges to their resilience.

然而，由于种种原因——有些好，有些不太好，但基本上都超出了可控范围——如今，长久的婚姻正步入***未知的***领域，为其恢复力带来了新的挑战。

☛ **underwater 水下**→价外选择产权（指履约价高于市价的买权，或履约价低于市价的卖权）；不动产市值低于贷款余额的未清偿的抵押贷款（也称为“溺水”）

These contributing factors include unwillingness on the part of employers in some cases to raise starting salaries significantly or invest in on-the-job training and less mobility among potential applicants who are ***underwater*** on a mortgage.

这些成因包括：在某些情况下，雇主不愿意大幅提高起薪，也不愿意投资在职培训，以及潜在员工的流动性减少（这些员工在抵押贷款中“***溺水***”，***房子的市值低于未清偿的贷款余额***）。

☛ **uphill 上坡的**→有阻力的，困难的，艰难的

It would be an ***uphill*** battle to impose more rules on passengers' behavior.

对乘客行为加强规范将会是一场***艰难的***斗争。

☛ wane 退潮→衰退

Delaying is not without risk; eventually fertility ***wanes***.

延迟结婚、生子并非没有风险；最终生育能力会***衰退***。

☛ wane 月亏——on the wane 逐渐衰落

A Facebook relationship ***on the wane*** can be a humiliating experience for everyone involved, including all 500 of your closest "friends".

脸书平台上***逐渐衰弱***的关系对于相关的人来说都是一次屈辱的经历，其中涉及五百个最亲密的"朋友"。

☛ warm 温暖的——warm up to... 对……较感兴趣或较为热衷

But unless or until we ***warm up to*** the possibility that curriculum and instruction in higher education need to adapt to a changing world, to new frontiers of content and especially to what we now know about how people learn, I doubt we will see big changes in engagement or learning.

但是，除非或直到我们***热衷于***改革高等教育的课程和教学大纲，以适应不断变化的世界、新的学科前沿内容，特别是适应我们现在所了解的学习方式，否则，我怀疑我们会看到学习参与度或学习本身会有很大的变化。

☛ watered-down 用水冲淡的→淡化的；打折扣的

This is a ***watered-down*** vision of equality.

这是一种***淡化的***平等观念。

☛ waters 水域→状况

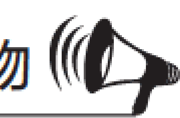
You could make $100,000 tomorrow, and never make a penny again. Artists need to take this into consideration to avoid financial ruin. Take nothing for granted, and you'll be able to navigate the treacherous financial ***waters*** of being an artist.

你明天可以赚十万美元，然后就再也赚不到一分钱。艺术家须要考虑到这一点，以避免经济损失。不要想当然，你就能解决作为艺术家的、有风险的经济***状况***。

☛ watershed 分水岭→转折点，关键点

Iran was not surprised to learn that the United States is using cyberattack, nor was any other major power, and if you think this news is a ***watershed*** moment you have been sleeping under a tree.

美国一直在使用网络攻击，对此伊朗或者其他大国一点也不感到惊讶。如果你认为



这消息是***分水岭***时刻，那可能是你一直在树下睡觉，毫无感知。

☛ wave 波浪→浪潮

The sky has not fallen and no new crime ***waves*** have hit—it's just people working.

天没有塌下来，也没有新的犯罪***浪潮***袭来——只是人们一直在忙忙碌碌。

☛ weather 天气→经历；经受住

You are doubly blessed if that same friend ***weathers*** the storms of life with you—even the storms that you may have foolishly created yourself.

如果这个朋友还同你一起***经历***人生的风风雨雨——甚至可能是你自己愚蠢惹出来的麻烦——那你就更加幸福了。

☛ weathered 经过风吹雨打的→饱经风霜的

They were also more knowledgeable than the most ***weathered*** United Nations workers.

他们也比那些***饱经风霜的***联合国工作人员更有见识。

☛ whirlwind 旋风→旋风般的快速行动

I was swept up by a media ***whirlwind*** after I won the Gordon E. Moore Award for my pancreatic cancer research in 2012, with days of interviews on CNN, NPR and ABC *World News* with Diane Sawyer.

2012 年，我因研究胰腺癌而获得了戈登·摩尔奖，在接受美国有线电视新闻网、美国国家广播电台和美国广播公司《世界新闻报》的黛安·索耶的几天采访之后，我感觉自己像被媒体***旋风般的采访***席卷走了，有点坐不住了。

☛ wild west 西部荒野→寸草不生之地

Fertility industry is a ***wild west***.

生殖产业如同***西部荒野，寸草不生***。

2. 农　业

☛ bucolic 田园风光的→乡下的，农村的

It is important that agriculture remain close to the consumer, if for no other reason than to remind people that farming, even small scale local farming, is not the ***bucolic*** utopia that critics of the modern food system like to imagine.

如果只是为了提醒大家，耕作，即使是小规模的耕作，也不是现代食品体系的批评者所想象的***乡村***乌托邦，那么，农业与消费者保持密切关系就很重要。

☛ **crop 庄稼**——crop up 突然出现

Readers have little insight into why certain stories ***crop up*** as others don't.

为什么会***突然出现***某些故事情节，读者对此几乎毫无洞见。

☛ **drill down 往深里钻孔**→深度探讨

As a starting point, it helps to ***drill down*** and understand what the "Monitoring the Future" study tells us about how teenagers' marijuana use is changing.

作为一个起点，它有助于***深入探讨***和了解"监测未来"项目所研究的青少年吸食大麻是如何变化的。

☛ **drove 畜群**——in droves 成群结队地

They know a fraud when they see it, and they flock ***in droves*** to those politicians who say what they mean, and mean what they say.

他们一看就知道是个骗局。然后，他们***成群结队地***涌向那些政客，因为这些政客言出必行。

☛ **fodder 饲料**→素材

That Jon Stewart used the Brian Williams incident as ***fodder*** for his satirical view of mainstream media was surely humiliating to Williams and NBC itself.

乔恩·斯图尔特利用布莱恩·威廉姆斯事件作为他讽刺主流媒体观点的***素材***，对威廉姆斯和国家广播公司本身来说肯定是一种羞辱。

☛ **fruit 水果**——low-hanging fruit 低垂的果实，长得低容易摘到的果实→用最少的精力就能轻易实现的目标

Let's start with the ***low-hanging fruit***. This March, the Pentagon identified $178 billion in savings and efficiencies through fiscal year 2016.

让我们从***容易实现的目标***开始。今年3月，五角大楼确定了2016财政年度1 780亿美元的"节约与效率预案"。

☛ **garner 把……储入谷仓**→获得

So what should we expect as women increasingly ***garner*** the greater share of college degrees?

那么，随着越来越多的女性***获得***大学学位，我们应该期待什么呢？

☛ gig 鱼叉→临时工作；临时工作场所

Now here comes the "***gig*** economy" of Uber, Airbnb, and TaskRabbit where workers are free agents without regular hours or any benefits.

现在，"优步""爱彼迎空中食宿"和"跑腿兔"之类的"***零工***经济"出现了，从业人员都是自由职业者，没有固定的工作时间，也没有任何福利。

☛ gig 鱼叉→现场演出；商业演出

I did enjoy scoring independent films and documentaries, but these hardly paid the bills, and the commercial ***gigs*** just weren't for me.

我确实喜欢为独立电影和纪录片配乐，但这些几乎都没给我付过报酬，而且***商业演出***也不适合我。

☛ glean 拾麦穗→收集

Widespread cookie controls would cause marketers to use Internet Protocol tracking, "Flash cookies", fingerprinting and other techniques to ***glean*** information about consumers.

广泛的信息记录程序控制将导致市场营销人员使用互联网协议跟踪、"本地共享对象"、指纹识别和其他技术来***收集***消费者的信息。

☛ grist 谷物→素材

At first glance, this seems to provide ***grist*** for the mill of the cottage industry that has developed in recent years devoted to denigrating the young: "See what selfish slackers they are, the youth of this generation! What's the matter with those lazy brats? Why, in my day..."

乍一看，这貌似给近几年发展起来的、存心要诋毁年轻人的团体提供***素材***："瞧这些懒虫多么自私，这一代的年轻人！这些懒散的臭小子到底是怎么一回事？哎，想想我那个年代……"

☛ harrow 耙——harrowing 耙地→痛心的；艰难的

But as ***harrowing*** as the Fukushima debacle has been, it hasn't dimmed the hopes of nuclear technologists, suppliers and manufacturers.

不过，尽管福岛灾难令人***痛心***，但却未泯灭核能技术专家、供应商和生产商的希望。

☛ hatchet 短柄小斧——hatchet job 恶毒攻击，诽谤

New York Magazine's notoriously negative former theater critic John Simon firebombed Yoko Ono's credibility by writing scathingly all the time (a rare exception was Yoko Ono's musical

New York Rock, which he raved about), but his ***hatchet jobs*** were entertaining feats of prose even if you couldn't trust his opinion.

《纽约杂志》极其消极的前戏剧评论家约翰·西蒙一直在用尖刻有力的笔调来抨击小野洋子的声誉（一个罕见的例外是小野洋子的音乐剧《纽约摇滚》，他对此大加赞扬），即使你不信他的观点，但他那有趣的文笔就是他的***恶毒攻击***。

☛ **heck 饲草架**——the heck 究竟（加强语气）

But airline uniforms aren't just about looking glamorous. When I say something, passengers need to listen, not glance up from their iPhone and wonder who ***the heck*** I am.

但是，航空公司的制服并不仅仅是看起来光鲜亮丽。当我在说一些注意事项的时候，乘客们须要认真倾听，而不是从他们的"苹果"手机上抬头瞥一眼，然后猜想我***究竟***是谁。

☛ **knot（绳等的）结**——tie the knot 打结→结婚

Just as the advantaged are now more likely to ***tie the knot*** in the first place, they are also more likely to remarry following a divorce.

正如强势群体现在更有可能首先***结婚***一样，他们也更有可能离婚后再婚。

☛ **land 土地**——land a job 找到工作

Second, ***landing a job*** in what is now a very competitive marketplace at almost all levels is also confidence-building.

其次，在当下各个层次竞争都异常激烈的劳动力市场中***找到一份工作***也是在树立信心。

☛ **net 网**——cast a net 撒网→张罗

And police should be faulted for ineffective tactics such as misdemeanor marijuana arrests and nondiscretionary stop-and-frisk tactics that ***cast*** too wide ***a net*** (let us not forget the 99.98 percent of black people who are not murderers).

警察也应该为无效规定受指责，比如吸食大麻的行为就要遭到逮捕以及强制拦截搜身的规定，这些规定***撒***的***网***太大了（请不要忘记 99.98% 的黑人不是杀人犯）。

☛ **patch 小块土地**——ride out the rough patch 安然渡过难关

Friends welcome friends into their homes to ***ride out the rough patch***.

朋友欢迎朋友住到自家里去，以便***安然渡过难关***。

☛ pluck 采摘→拉扯；挑选

Terrorists don't fit a profile and cannot be ***plucked*** out of crowds by computers.

恐怖分子没有特定的个人形象，不能用电脑把他们从众人中**挑选**出来。

☛ prod 刺针；刺棒→刺激；促进

Yet policymakers, ***prodded*** by the coal industry, continue to invest money and precious time to try to develop carbon capture for coal-fired plants.

然而，在煤炭行业的**推动**下，政策制定者继续投入资金和宝贵的时间，试图为燃煤电厂开发碳捕获技术。

☛ prong 耙子——two-pronged/multi-pronged 两方面的 / 多方面的

This status issue should be addressed with a ***two-pronged*** strategy.

关于地位问题应该用一个**双管齐下的**策略来解决。

Supporting the middle class requires a ***multi-pronged*** approach. Jobs, education, housing, health care and a secure retirement must be within reach of most Americans.

支持中产阶级需要**多管齐下的**方法。就业、教育、住房、医疗保健和有保障的退休必须在大多数美国人可及的范围之内。

☛ pump 泵；打气筒→高跟鞋

In a recent episode, Williams spent $3,500 on one pair of fabulous ***pumps***.

在最近的一集里，威廉姆斯花了 3 500 美元买了一双极好的**高跟鞋**。

☛ pump 泵；打气筒——pump out 不断地大量生产；销售

It will become more difficult for companies to ***pump out*** highly processed products loaded with sugar, fat, salt and artificial ingredients.

对于公司来说，将更难**大量推出**富含糖、脂肪、盐和添加剂的精加工产品。

☛ rake 耙子——rake in 迅速大量取得；大量地敛集（钱财）

After all, if the big guys can cheat and ***rake in*** a fortune, what's wrong with a little stealing and pilfering from the office, rigging the time clock, over-billing a customer or client and skimming off some of the profits, getting or giving a small bribe or kickback on a contract, finagling with the books, or cheating on income taxes?

毕竟，如果大人物可以欺诈和**大量地敛集**钱财，从办公室小偷小摸点东西、调整时钟、多收客户的钱、克扣一部分利润、执行合同过程中来个小贿赂或回扣、做账方

面耍些小手段，或者偷税漏税，又有什么错呢?

☛ **reap 收割**→获得

They all seem to know very well how to use their personal lives to get noticed and ***reap*** lots of publicity.

他们似乎都很清楚如何利用个人生活来受到关注，并***获取***大量的宣传。

☛ **reins 牵牲口的绳索**→掌控（权）

The *Wall Street Journal* reported Wednesday that the company might sell a 20 percent stake to a private equity firm, essentially handing over the ***reins***.

《华尔街日报》周三报道称，该公司可能会将20%的股份出售给一家私人股本公司，实质上是将***掌控权***移交给私人股本公司。

☛ **repository 贮藏室**→知识库

But bookstores have an advantage over their general wares counterparts: they are ***repositories*** of ideas and imagination in the form of books, things of deep emotional attachment to most people.

跟一般的仓储店比起来，书店有一点优势：以书籍的形式***储藏***大量的思想和想象力，大部分人对于书籍都有着很深的情感依恋。

☛ **root 根**——root out 连根拔起→根除

Appreciate the history of names to ***root out*** stigma.

看懂名称的历史，***根除***耻辱。

☛ **run amok 乱砍乱杀**→胡作非为

The Web's culture of instant commentary, where we can often hide behind the cloak of anonymity, is also one where we tend to shed (or forget about) the filters of decorum we use in face-to-face interactions. Our emotions and our mouths (well, keyboards) are permitted to ***run amok***, creating the perfect environment for us to critique others.

网络上的即时评论，我们常常可以匿名，也倾向于摆脱（或忘记）面对面的互动中该用的礼仪。我们的情绪和嘴巴（嗯，键盘）可以***胡作非为***，为我们创造一个完美环境来批评别人。

☛ **shepherd 牧羊人**→领头人

And it's about time we were the ***shepherd***, not just part of the flock.

现在是我们该当***领头人***的时候了，而不仅仅是团队的一分子了。

☛ shovel 铲子——shovel-ready 铲子准备好了的→准备就绪的

The publicly owned land is assembled into large scale "***shovel-ready***" sites for business development that can compete with regional sites because of their access to existing infrastructure networks, and employable labor force and affordable housing.

公有土地被建成大规模的"***一切就绪的***"商业场所，因为有了现成的基础设施网络、可雇佣的劳动力和经济适用房，这些商业场所可与区域站点竞争。

☛ slash 猛砍，乱砍→大幅度裁减或削减

Budgets have been ***slashed*** and formats—and the anchors and shows themselves—have been geared more to popular culture.

预算已被***大幅度削减***，节目模式——主持人和节目内容——已调整偏向流行文化了。

☛ spearhead 矛头→带头

Instead of handing over neighborhoods or even whole sections of cities to the city hall or private developers, we'd be much better off enabling residents to take control of and build on community assets, engaging them in community-based organizations that can ***spearhead*** revitalization and build real quality of place.

我们不应该把社区甚至整个城市建设交给市政厅或私人开发商，而是应该让居民能够控制社区资产并以此为基础，参与社区组织，这些组织可以***带头***振兴和建设高品质的社区，这样我们的生活会更好。

☛ turf 草皮→领域，地盘

The old way is to divide each part of a business into subparts and have teams organized around their own ***turf***.

传统的办法是将企业的各部门细分，围绕自己的***领域***组织团队。

☛ uproot 连根拔起→根除

As long as FIFA maintains the direction it has set, and as long as law enforcement works cooperatively to ***uproot*** transnational crime from sports, both FIFA's reputation and the integrity of matches will be restored.

只要国际足联保持其设定的方向，只要执法部门合作，***根除***体育方面的跨国犯罪，国际足联的声誉和比赛的公正性都将得到恢复。

☛ weed 除草——weed out 除草→清除；淘汰

This will be possible only when the exploitative illegal internships in this country are ***weeded out***.

这个国家只有***消除***了具有剥削性质的非法实习，这一切才有可能。

☛ weigh 称重——weigh in 权衡→参加辩论

This stubborn downturn seems to be the theme of the week, and everyone is ***weighing in***: Mitt Romney outlined his economic proposals on Tuesday, the other Republican presidential candidates will sound off at a debate on Wednesday, and President Obama is expected to talk about jobs and taxes on Thursday.

这种持续的低迷似乎是本周的主题，而且每个人都***参与辩论***：米特·罗姆尼周二概述了他的经济提案，其他共和党总统候选人将在周三的辩论中发表讲话，预计奥巴马总统将在周四讨论就业和税收问题。

☛ windfall 被风吹落的果子→意外之财；意外的收获

For whom does a $2,800 ***windfall*** solve the problem of steady employment?

对于谁来说，一笔 2 800 美元的***意外之财***就能解决稳定就业的问题呢?

☛ yoke 轭→轭缚

Addiction becomes a way of life in which a person ***yokes*** herself.

上瘾成为一种***轭缚***自我的生活方式。

3. 动　物

☛ albatross 信天翁→沉重负担

Is London's Olympics infrastructure an asset or an ***albatross***?

伦敦奥运会的基础设施是一笔宝贵的资产，还是一种***沉重的负担***?

☛ animal 动物——political animal 政治动物→具有政治家气魄、才干和见识的人

The university was once an arena that you could enter as a political blank slate and leave as a ***political animal***, with a strong sense of civic responsibility that allowed you to take on the social ailments of the day and respectfully challenge ideological differences.

这所大学曾经是一个政治舞台：刚入学时政治方面还犹如一块白板，毕业时就宛如

一只***政治动物，有着政治家气魄***，具有强烈的公民责任感，可以让你承受当今的社会弊病，并抱着最大的尊重去质疑意识形态上的差异。

☛ badger 獾→纠缠

The beauty of being single later in life is that the pressure is off—no one ***badgers*** you about when you're going to tie the knot or have kids or follow the love script we're expected to follow in our 20s and 30s.

晚年单身的妙处就在于压力已经消失了——没有人会***纠缠***你，催问你准备什么时候结婚、生孩子或者效仿二三十岁时才追随的爱情版本。

☛ bevy 鸟群→人群

Oh, and prepare yourself for a whole new ***bevy*** of admirers.

哦，准备好面对***一群***新的仰慕者吧。

☛ bird 小鸟——flip the bird 竖中指；出言不逊

There were a lot of performers onstage with Madonna at half-time of the Super Bowl, but the only one I can name today is the rapper Maya Arulpragasam: overnight she had become the talk of the Internet because she ***flipped the bird*** to 111 million people.

过去，很多表演者和麦当娜在"超级碗"中场秀同台表演，但如今我唯一能说出名字的是说唱歌手玛雅·阿鲁普拉加萨：一夜之间，她成为互联网的谈资，因为她朝 1.11 亿观众***竖中指***。

☛ brood 一窝孵出的雏鸟（或雏鸡等）→一窝（孩子），一群（孩子）

He's happily married to a woman now with a ***brood*** of children.

他很幸福地娶妻了，现在有***一窝***孩子。

☛ cage 兽笼→把……关进笼子，把……囚禁起来

We are not moving nearly fast enough to reduce incarceration. Over 2 million Americans live ***caged*** behind bars, a 550 percent increase in the last 40 years.

我们的行动不够快，不足以降低监禁率。超过 200 万的美国人***被关在***监狱里，这个数字在过去四十年里增加了 550 %。

☛ callow（鸟等）羽毛未丰的→年轻而无经验的

White looked back to find his youthful journals "***callow***, sententious, moralistic and full of rubbish".

怀特回忆起他年轻时的日记，“***少不更事***、简洁精练、教诲不倦、废话一堆”。

☛ **canary 金丝雀**——canary in the coal mine 煤矿里的金丝雀（并未死亡，只是休眠而已）→预警作用；预警现象

African-Americans are certainly the ***canary in the coal mine*** when it comes to workplace bias, but Latina/os, LGBTQ employees, women and people from many religious groups are also penalized by the biases, both covert and overt, that permeate the hiring process.

就职场偏见而言，非裔美国人理所当然成了***煤矿里的金丝雀***，但拉美裔美国人，同性恋、双性恋、变性人和“酷儿”员工，女性和许多不同宗教信仰的人士，也因招聘过程中公开的或者非公开的偏见而受到伤害。

☛ **cash cow 挣钱的奶牛，现金牛**→摇钱树

Students were not treated like customers; they were regarded as products and were treated as ***cash cows***.

对待学生不像对待顾客一样；学生被视为产品，被当作***摇钱树***。

☛ **chicken 小鸡**——chicken-or-egg question 先有鸡还是先有蛋的问题→没有定论的问题

To some, this appears to raise a ***chicken-or-egg question***. Does childbearing limit women's educational attainment or does education get in the way of bearing multiple children?

对一些人来说，这似乎引发了“***先有鸡还是先有蛋的问题***”。生育限制了女性的教育程度，还是教育妨碍了女性的生儿育女?

☛ **cock 公鸡**→使竖起

"Euripides," I repeated, when she ***cocked*** her head.

她***翘着***头时，我又说了一遍，“欧里庇得斯。”

☛ **cow 牛**——sacred cow 圣牛→神圣不可侵犯的人或物

The thing is, we have something already—it's called school. Instead of treating June, July and August like ***sacred cows*** that can't be sullied by academics, reconfigure the school schedule so that vacation days are evenly dispersed throughout the year.

问题是，我们已经有了所谓的“学校”。不要以为 6 月、7 月和 8 月是***神圣不可侵犯的***，不会被学校乱用，而是要重新配置学校的教学安排，以便假期在全年中均匀分布。

☛ **dragon 龙**——dragon lady 母夜叉，冷酷无情、爱寻衅滋事、有权势的女人

While that might make me temporarily glad, in the long run, it's just another step in the gantlet

of Asian stereotypes: math nerd, geisha, ***dragon lady***.

虽然这可能会让我暂时感到高兴，但从长远来看，这只是亚洲刻板印象夹击的另一方面：数学呆子、艺伎、***母夜叉***。

☛ duck 鸭子→躲避，回避，逃避

A big part of the problem is our desire to ***duck*** hard choices when it comes to kids and schooling.

问题很大一部分是我们想要在孩子和教育方面***逃避***艰难的选择。

☛ feather 羽毛——ruffle the feathers 使鸟儿竖起羽毛→使……甚感不悦，激怒

Indeed, the news last week that Amazon would aggressively expand its publishing efforts by signing up authors has ***ruffled the feathers*** of many agents and publishers.

事实上，上周亚马逊通过注册作者的方式积极扩大出版业务，这消息***激怒***了许多代理商和出版商。

☛ fish 鱼——free fish 自由自在的鱼→随意的，随性的

The laws of several of the member states—Germany, France and Italy, for example—place clear limits on what may be demanded; employers there, including US multinationals, are not ***free fish*** in their employees' pools of communications.

几个成员国（例如德国、法国和意大利）的法律对相关的情况进行了明确的限制；这些国家的雇主，包括美国的跨国公司，并不能***随意***地干涉员工的社交圈。

☛ flounder 比目鱼→折腾；不知所措

We know that older men rely heavily on their wives for support and that if their wives die, they often ***flounder***. (That's one reason they remarry so quickly.)

我们知道，年纪大的男人极其依赖妻子的支持，如果妻子死了，他们经常会***不知所措***。（这也是他们如此迅速再婚的一个原因。）

☛ hackle（雄性鸟类头部的）颈毛，颈羽——raise hackles 引起怀疑

Mark Zuckerberg's plan has ***raised hackles*** because at some point, the funds will generate a charitable deduction.

马克·扎克伯格的计划***引起了怀疑***，因为在某种程度上，这些专项基金将会导致善款的减少。

☛ **halcyon 翡翠鸟**→平静的；美好的

The competition will not be between Chicago and San Francisco and Miami for tourist dollars but between watering holes seeking to out-happy hour each other by offering the most intoxicating drink offers, as it was in the ***halcyon*** days of Chicago happy hour.

芝加哥、旧金山、迈阿密之间不会竞争旅游收入，但是夜总会之间会竞争。就像是芝加哥搞“欢乐时光”酒吧活动那***美好***时光里所做的那样，其他夜总会想要超过“欢乐时光”，就会提供最易醉人的饮料，互相竞争。

☛ **horn（牛、羊、鹿等动物的）角，犄角**——see horns and a tail on sth./sb. 搞清楚

We don’t always ***see horns and a tail on*** the teller of half-truths.

我们并不总是能***搞清楚***那些说话半真半假的人。

☛ **hornet’s nest 马蜂窝**→众矢之的

The private-public process is working, and far better than it would under a utility model with Internet service providers subject to a ***hornet’s nest*** of federal and state agencies.

公私合作的过程是有效的，而且远远好过公共事业模式。公共事业模式下，互联网服务提供商受制于成为***众矢之的***的联邦和各州机构。

☛ **lizard 蜥蜴**——lizard brain 蜥蜴般的大脑→非理性大脑

Facebook’s “like” button has practically tunneled a new pathway into our ***lizard brains***.

脸书上的“点赞”按钮实际上已经为我们***蜥蜴般的非理性大脑***开辟了一条新通道。

☛ **mouse 老鼠**→鼠标

In the digital world, that proximity is less about geographical locale than about licensing, digital rights management, and affordability; but all the more reason for students (and teachers) to know that not everything is always within reach of a ***mouse***.

数字世界中，接近程度与地理位置关系不大，而与授权、数字版权管理和支付能力关系更大些；但是，学生（和老师）更有理由知道，并不是所有的东西都是***鼠标***所能及的。

☛ **nest 巢**→整天待在家里

But then again, I also thought that guys were supposed to be the ones afraid of ***nesting***.

但话说回来，我还认为人应该是害怕***整天窝在家里***的。

☛ **nest 巢**——empty nest 空巢家庭

When we moved into the neighborhood 27 years ago, six of those homes included two baby-boom parents with children and two couples with ***empty nests***.

二十七年前搬到这个社区的时候，六个家庭中，有两个是婴儿潮时代出生的父母跟孩子一起住，还有两个是***空巢家庭***。

☛ **nit 小虫**——nitpick 挑小虫——nitpick about 找小错儿，找碴儿

Should ***nitpicking about*** these small adjustments detract from the filmmakers' notable accomplishments in arousing viewers' interest in the past?

对这些小调整***找小错儿***，是否会减损电影制作者在唤起观众对过去感兴趣方面的显著成就？

☛ **perch 鲈鱼**→高位

These events have knocked Toyota off of its lofty ***perch***. The company's reputation is in tatters and it's no longer "special" in the eyes of hordes of consumers.

这些事件使丰田公司从***神坛***跌落下来。公司的声誉一败涂地，在众多消费者眼中已经不再是"特别"的了。

☛ **pigeonhole 鸽棚**→把……分类

"Women's personal choices are…fraught with inequities," says the AAUW: women are "***pigeonholed***" into "pink-collar" jobs in health and education.

"女性的个人选择……充满了不公平，"美国大学妇女联合会认为：女性***被分类***为从事健康卫生和教育方面的"粉领"。

☛ **pitfall 捕捉动物的陷阱**→缺点

What are the strengths and ***pitfalls*** of this kind of measurement?

这种测量方法的优点和***缺点***是什么？

☛ **rat 老鼠**——rat on 临阵脱逃；（在危难时刻）背弃共事的伙伴

Employers here turn in fictitious numbers. "Oh, but we have phone surveys to correct for it." Come on: who's going to ***rat on*** the boss on a cold call?

这里的雇主都上交虚构的数据。"哦，但是我们有电话调查来纠错。"得了吧：谁会在冷不防的电话里***出卖***老板呢？

☛ **rat race 老鼠赛跑**→（商业上的）激烈竞争；你争我夺的生活

Attacking the dreaded helicopter parent might feel good in the moment—but it does nothing to address the social conditions that have turned 21st-century parenthood into a ***rat race***. Parents, and Americans in general, should band together, not turn on each other.

抨击令人畏惧的直升机父母，可能会让人一时感觉良好——但这并不能将 21 世纪的为人父母变成一场***激烈竞争***的社会问题解决掉。父母们，总体上可以说是美国人，应该团结起来，而不是互相攻击。

☛ **red herring 熏青鱼**→转移注意力的话题；与事实不相干的论点

The cost of textbooks is just a ***red herring***, as the real issue is the skyrocketing cost of obtaining a degree now.

教科书的成本只是一条***熏青鱼***（即***一个转移注意力的问题***），因为真正的问题是现在获得学位的成本还在飙升。

☛ **replete 贮蜜蚁**——replete with 充满

But designing a driving-algorithm that directs thousands of autonomous vehicles to consistently exceed speed limits is like building a casino, ***replete with*** flashing neon lights, where gambling is prohibited.

但设计一种驾驶算法，让数千辆自动驾驶汽车持续超过限速，就像在建一个赌场，赌场里面***满是***闪烁的霓虹灯，却禁止赌博。

☛ **saddle 马鞍**——be saddled with debt 背负债务

If students are successful in graduating (a big “if”), they often ***are saddled with debt*** and only able to get a relatively low-paying job.

如果学生能顺利地毕业（说的可是“如果”），也往往***负债累累***，而且只能找到一份收入相对较低的工作。

☛ **sheeplike 像羊一样的**→温顺的

Before we come up with strategies for better grades and SAT scores, we need to deal with the deeper and more complicated problem: a generation of ***sheeplike*** youth.

在想出更好的策略以获得更好的成绩和更高的大学入学考试分数之前，我们须要处理一个更深层、更复杂的问题：这***像羊一样温顺的***一代年轻人。

☛ **sloth 树懒**→怠惰，懒惰

The older faculty aren't stars or ***sloths***.

年长的教员不是明星，也不是***懒惰的树懒***。

☛ **snail 蜗牛**——snail's pace 蜗牛慢吞吞的步子→迟缓的行动

In 2002, for example, the Forest Service begged for some relief from the "***snail's pace***" of its procedural quagmire so it could better address threats of invasive species and wildfires, which had become a "forest health crisis of tremendous proportions".

例如，2002 年，林务局请求缓解"***蜗牛速度***"般的流程困境，以便更好地应对入侵物种和野火的威胁，而这些威胁已经成为"森林健康的巨大危机"。

☛ **snake 蛇**——snakes in the grass 草中的蛇→潜伏的危险，隐患

Residents of the leafy neighborhood around St. John's University say the trouble began three years ago, when the university opened three of six planned dormitories. In their eyes, the project has transformed St. John's from a quiet commuter institution to a den of rowdiness. They say dorms are ***snakes in the grass***.

圣约翰大学附近有一个树木茂密的小区，这里的居民说他们三年前就开始有了麻烦，因为当时圣约翰大学建设了原计划六栋宿舍楼的其中三栋。在居民看来，这个建设计划把圣约翰大学从一个安安静静的走读学校变成了吵吵闹闹的地方。他们认为宿舍楼是***隐患***。

☛ **spawn 产卵**→酿成；孕育

In other places, like urban China, prolonged and extreme sub-replacement fertility is ***spawning*** a new family type: children with no siblings, cousins, uncles or aunts.

其他地方，如中国城市，长期和极端的少子化***孕育***着一种新家庭类型：孩子没有兄弟姐妹、堂兄弟姐妹、叔伯舅或者姨婶姑妗等。

☛ **spawn 卵团；幼苗；幼体**→小孩；小子

Cooking together, chasing small children who belong to the cousin who's too busy watching football to yank his ***spawn*** out of the china cabinet—those are the things that bring us together as family.

一起做饭菜，追逐着堂兄的孩子，当时堂兄正忙着看足球赛，而没有把他那***小子***从陶瓷柜子里拽出来——这些都能让我们作为一家人而聚在一起。

☛ stall 马厩；牛棚→妨碍，阻碍

The current economic crisis in the US threatens to ***stall*** progress toward diversity in higher education as declining tax revenues produce growing fiscal pressure.

美国当前的经济危机可能会***阻碍***高等教育的多元化进程，因为税收收入的减少会产生越来越大的经济压力。

☛ swoop（鹰等捕捉猎物时）飞扑，猛扑——in one swoop 刹那间；一下子，一举

In one swoop, this street style commentary took the air and status out of the worshiped icons of rich white society as if to say: "I may not be able to afford a Gucci bag. But I can print a hundred Gucci logos all over my sweatshirt and look fierce doing it."

一下子，街头时尚的评论使富裕的白人社会受崇拜的形象失去了风度和地位，好像在说："我可能买不起古驰包，但我可以在汗衫上印上一百个古驰标识，而且这么做，看起来很带劲。"

☛ tiger 老虎——paper tiger 纸老虎→外强中干者

It boggles the mind that a lobbying group could be so out of step with the American public and its own members and yet still thrive. Is the gun lobby a ***paper tiger*** that will soon be revealed for what it is, or is it an actual threat?

这令人不禁想到，一个游说团体与美国公众及其自身成员步调可能很不一致，但仍能茁壮成长。枪支游说团是一只***纸老虎***？它到底是什么，或者说它是不是真正的威胁？这很快就会被揭示出来。

☛ vet 兽医→审查

Parents must be thoroughly screened and ***vetted***.

必须对父母进行彻底的筛选和***审查***。

☛ worker-bee 工蜂般的→勤劳的

Yes, thanks to the six-week vacations, the nights at the theater on Tuesday night, the idle Europeans turn out more per hour than we ***worker-bee*** Yanks.

是的，多亏了为期六周的假期和周二在剧院度过的夜晚，悠闲的欧洲人比我们***工蜂般勤劳的***美国人每小时的产出更多。



4. 植　物

☛ **Aspen tree 白杨树**→生存能力强的人或物

The nuclear family is like an ***Aspen tree*** bending in the wind. As the gale subsides, it will spring up again.

核心家庭就像一棵被风吹弯的***白杨树***。大风减弱时，它会再次挺起。

☛ **bind 植物的藤蔓**——be caught in a bind 陷入困境

But as a recent *Wall Street Journal* article notes, it also means that people who simply want to save money—especially those who are older or those who cannot manage the complexities of a financial portfolio—continue to ***be caught in a bind***.

但正如《华尔街日报》最近的一篇文章所指出的那样，这也意味着，那些只想存钱的人——尤其是那些年纪大些或无法应对金融投资组合复杂性的人——仍会***陷入困境***。

☛ **blossom 开花**→发展

Independent bookstores can ***blossom*** and grow by taking a cue from the strategic merchandising of the more successful retail boutiques: a carefully curated selection of offerings.

独立书店能***发展***和成长，但要借鉴更为成功的精品零售店的营销策略：小心挑选源货。

☛ **cherry 樱桃**——a bowl of cherries 一盘樱桃→美事；极佳的状态

We have created a monster and a myth: earn a place at an Ivy League institution and the balance of your life will be ***a bowl of cherries***, with a great job, wonderful spouse, perhaps even a Nobel Prize will follow shortly after graduation.

我们创造了一只怪物和一个神话：在常春藤联盟中获得一席之地，生活与工作实现平衡，这将如同处于***一盘樱桃般极佳的状态***——工作很好，配偶也很棒，或许甚至也会在毕业后不久获得诺贝尔奖。

☛ **cross-pollination 异花受粉**→交叉混杂

This ***cross-pollination*** of ideas has exposed me to people with creative, interdisciplinary solutions.

这种***交叉混杂***的想法让我接触到具有创造性的、能跨学科解决问题的人。

☛ deadwood/driftwood 枯木 / 浮木→无用的人员，冗员

We all know of "***driftwood***" and "***deadwood***" tenured faculty; they're easy to spot—they haven't published anything meaningful in some time, they use the same yellowed, dog-eared lecture notes from 1985 and read from them in a monotone, their classes are under-enrolled, they advise almost no one, they bring in no grant dollars—and they are virtually impossible to fire.

我们都知道"***浮木***"和"***朽木***"般的终身教职员工；他们容易被发现——有一段时间没有发表任何有意义的文章，从 1985 年就开始使用相同的、泛黄的、折角的课堂讲稿，很单调地念着讲稿，选课的人数偏少，几乎没有给任何学生以指导，没有任何研究项目——而且，实际上是不可能解雇他们的。

☛ fig leaf 无花果树叶→遮羞布

Parent-teacher conferences, then? What a quaint ***fig leaf*** covering an ocean of cultural and educational differences.

那么，家长会呢？真是一块奇怪的***遮羞布***，遮盖着文化和教育的天壤之别。

☛ flower 花朵→繁荣，旺盛

But the national implementation process will no doubt be uneven and take several years to fully ***flower***.

但是，全国范围内的实施过程无疑是不均衡的，得花几年时间才能完全***兴盛***起来。

☛ full-blown（花）盛开的→成熟的

Your customer will want to own that experience; if just a small token purchase, the cash drawer pop is just as sweet. And you have a new advocate, if not a ***full-blown*** future customer.

您的客户想要有这样的经历；即便只是象征性地买了个小礼物，弹出现金抽屉的声音也是一样甜美。这样，即使不是一个完全***成熟的***未来客户，你也将有了新的推销对象。

☛ hedge 用树篱笆围住→保护

The culprit here is the weak economic recovery. It would be great if we could ***hedge*** everyone against it, but shifting the costs of uncertainty solely to employers is not the solution.

这里，罪魁祸首是疲软的经济复苏。如果我们能***保护***所有人，那就太好了，但将不确定性的成本完全转嫁给雇主并非解决之道。

☛ **offshoot 分枝**→分支；衍生物

Ladies' night, an ***offshoot*** of happy hour, is similarly designed to increase business rather than promote women's well-being.

“女士之夜”是“快乐时光”活动的***衍生品***，类似的目的是增加业务，而不是促进女性健康。

☛ **pine 松树**——pine for 渴望

If we ***pine for*** a golden age of diary keeping, let's indeed be honest: the pens and notebooks of the past inspired a truth no more—and no less—pure than the digital tools of today.

如果我们***渴望***一个写日记的黄金时代，我们对此应该诚实：过去的笔和笔记本启示了一条真理，与当今的数字工具同样纯粹，不多也不少。

☛ **rampant 繁茂的**→猖獗的

Yes, cheating is ***rampant***, and for teachers the game of catch-up never stops.

是的，作弊现象很***猖獗***。对老师来说，抓作弊的游戏从未停止过。

☛ **stem 树干**——stem from 起源于

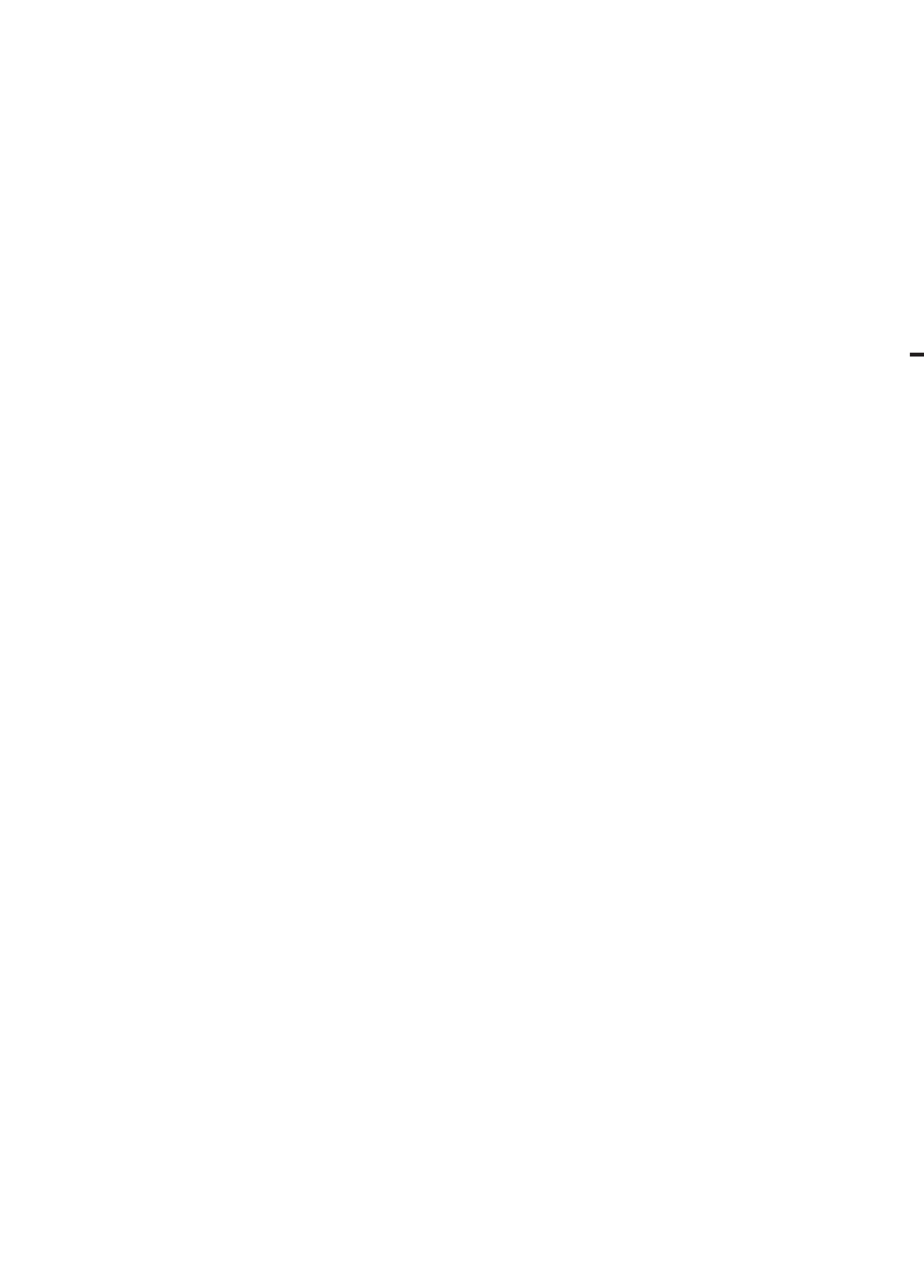
Part of the problem ***stems from*** the high-stakes system, where a bad grade can jeopardize chances for medical school.

这一问题的部分原因***源于***高风险的体制。在这样的体制下，差的等级评价会危及医学院的机遇。

☛ **thorny 多刺的**→棘手的

When the problems got ***thornier***—when, for example, public schools remained segregated because whites moved to the suburbs or sent their kids to private schools—civil rights didn't help so much.

问题变得更***棘手***时——例如，公立学校仍然被隔离，因为白人搬到郊区，或者把孩子送到私立学校——公民权利并没有起到多大作用。



三、社会和国家机构

1. 金融经济

☛ bang-for-the-buck 真金白银→货真价实；划算

A new downturn is a concern, especially because Washington has been unable to deliver a sensible fiscal response (which would consist of some more stimulus as in February 2009, designed to maximize ***bang-for-the-buck***, coupled with steps to move the long-term fiscal path back toward responsibility, such as social security reform).

新的经济衰退是一个令人担忧的问题，尤其是因为美国政府一直无法做出明智的财政反应（这将包括 2009 年 2 月出台的一些刺激措施，旨在使***真金白银***最大化，同时采取措施将长期的财政政策转向社会保障改革等社会责任）。

☛ bank 银行——bank on 指望；依赖

Meanwhile, the business case for women on boards is so compelling that some are literally ***banking on*** it.

与此同时，女性加入董事会的商业案例如此引人注目，以至有些女性真的这么***指望着***（加入董事会）。

☛ bonus 奖金；红利→好处，优点

And the ***bonus*** of bottles is that my husband did every 5 am feeding for both of my boys.

喂奶粉的***好处***就是我丈夫每天早上五点就给两个孩子喂奶粉。

☛ **boss 老板**→指挥；当……的领导

Power, instead, tempts us to meddle and ***boss***, distributing forces and promises willy-nilly.

相反，权力诱使我们干涉和***瞎指挥***，分散力量和胡乱承诺。

☛ **bride price 新娘价格**→彩礼，聘礼

A "***bride price***" is often found in these societies: instead of women capturing their own market value, husbands-to-be make monetary payments prior to marriage to the brides' guardians.

这些社会群体通常会有"***彩礼***"现象：不是女性评估自己的市场价值，而是婚前准丈夫付钱给新娘的监护人。

☛ **buck 美元**→坚决（或强烈）反对

A handful of resource-starved public universities (CUNY, under the leadership of Chancellor Matthew Goldstein, comes to mind) have ***bucked*** the trend, but too often the real-world choice comes between classes taught by a longtime professor who has delayed retirement or by an adjunct, hired at the last minute without a competitive national search.

几所资源匮乏的公立大学（想到了马修·戈尔茨坦担任校长的纽约市立大学）***逆***势而动，但往往实际的选择就在两种课程之间：一种课程是由工龄很长的延迟退休的教授来讲授的；另一种课程是兼职人员来讲授的，聘请兼职人员很仓促，不是在全国范围内招聘。

☛ **buck 美元**——make big bucks 赚大钱

I once asked a longtime Apple employee why he stayed at Apple after it was possible to ***make big bucks*** elsewhere, and it had become a large, bureaucratic organization with controls, pressure and politics.

有一次，我问了一位长期在苹果公司工作的员工为什么还留在苹果公司，他大可以在其他地方***赚大钱***，而且苹果公司已经成为一个庞大的官僚机构，充满着控制欲、压力和政治色彩。

☛ **cash 现金**——cash in on 利用

From magazines to books, perfumes, clothing, vodkas and even ready-made cocktail lines, reality stars are ***cashing in on*** their believing fans.

从杂志到书籍、香水、衣服、伏特加，甚至是现成的系列鸡尾酒，真人秀明星都是在***利用***粉丝赚钱。

☛ **Chainsaw Al “链锯艾尔”**→破产；裁员

Even in a good economy, one can hear ***Chainsaw Al*** somewhere in the building drawing near. Stay a little longer than the person in the next cubicle, and maybe like the Angel of Death, Mr. ***Chainsaw Al*** will pass over and descend on someone else.

即使在一个好的经济环境中，大家也能在办公楼附近的某个地方感觉到“***链锯艾尔***”（即***裁员***）的到来。比隔壁小隔间的那个人待的时间久一点，也许就像“死亡天使”一样，“***链锯艾尔***”先生会忽略你，然后降临到另一个人身上。

☛ **churn and burn（股票）频繁地买进卖出**→频繁流动

The charter school practice of teacher “***churn and burn***” leads to instability and shallow teacher development.

特许学校教师***频繁流动***的做法导致了教师队伍的不稳定和教师发展的不深入。

☛ **dime 一角硬币**→钱

Not only is the pace more fun—compared with us, they have a far better chance of being in high skill jobs, being engineers, or even being subsidized to make art on the public ***dime***.

同我们相比，他们的步伐更有趣，他们更有可能从事高技能的工作，成为工程师，甚至获得补贴，花纳税人的***钱***来搞艺术。

☛ **dollar 美元**→金钱

While the first is inherently good, the latter is often used to serve the needs of gatekeepers and human resource personnel. Nor should we confuse ***dollars*** with sense.

虽然前者本质上是好的，但后者经常被用来满足公司技术部门和人力资源部门的需要。我们也不应该把***金钱***和理智混为一谈。

☛ **glut（商品）供过于求**——a glut of 大量，许多

Large numbers of young people who have college degrees wind up doing jobs that high school students could easily learn and because we have such ***a glut of*** graduates in the labor force, many employers now demand that applicants have degrees even for mundane jobs.

大量的年轻大学毕业生最终所做的工作，高中毕业生也能轻易学会。由于劳动力市场有了这么***多的***大学毕业生，现在即便是一些简单的工种，很多雇主也要求应聘者要有学位。

☛ **gross 总数**→总计收入

If it takes a thousand streams of a song to make what the label ***grosses*** from the sale of one downloaded album, the decision to pull the record from Spotify is an obvious one from a financial standpoint.

如果要与唱片公司销售一张实体唱片的***总收入***持平，一首歌得有上千次的流媒体播放量，那么，从经济的角度来看，将唱片从“声破天”（流媒体音乐平台）撤下来是一个显而易见的决定。

☛ **marginal（会计）边际的**→边缘的（指条件差的）

Consequently, we will lure more ***marginal*** students into college, further increasing the pressure to lower standards.

结果就是，诱使更多***边缘***学生上大学，进一步加大降低标准的压力。

☛ **net 纯利润**→使……净赚

By contrast, CD sales on earlier albums ***netted*** us between $4,000 and $9,000.

相比之下，早期专辑的激光唱片销量***使***我们***净赚*** 4 000～9 000 美元。

☛ **nickel-and-dime 几分几角小钱**→一点一滴地消耗

They have been ***nickel-and-dimed*** on charges for food and luggage and a lot of other fees.

因食物和行李以及许多其他费用，钱财已被***一点一点地花掉***。

☛ **penny 便士**→一分一厘

Spotify pays out fractions of ***pennies*** per stream.

“声破天”（流媒体音乐平台）每“流”支付***几分钱***。

☛ **perk 小费；额外收入**→好处，优点

Two recent *New York Times* articles extol the virtues and ***perks*** of living alone.

《纽约时报》最近的两篇文章颂扬了独自生活的优点和***好处***。

☛ **Ponzi scheme 庞氏骗局（金融投资方面的骗局）**→拆东墙补西墙；空手套白狼

These arguments are based on a view of the future that is, in reality, a ***Ponzi scheme***.

这些参数都是建立在考虑将来的基础上，事实上，也就是一个***庞氏骗局***（即***空手套白狼***）。

☛ **rate 比率**→评价；值得

That kind of promise does not ***rate*** a front page headline saying that he is giving $45 billion to

charity.

他要捐赠 450 亿美元给慈善机构，这样的承诺不***值得***头版头条来宣传。

☛ **scale 规模**——scale up 按比例放大；按比例增加

We could accomplish this goal of better targeted federal oversight in other ways, most easily by ***scaling up*** the work of the very capable White House Office of Science and Technology Policy.

我们可以通过其他方法实现更好的联邦监管目标。白宫科技政策办公室非常能干，最简单的方法就是***按比例增加***他们的工作。

☛ **sell 卖**——tough sell 难卖→难以接受的人或物

Government ID cards of any sort have traditionally been a ***tough sell*** in America.

任何政府官员身份在美国历来都是***很难被接受的***。

☛ **tax 征税**——taxing 费力的，繁重的

I searched a used bookstore for some light reading, but any novel I picked up seemed too dense with words, too ***taxing*** for my addled brain.

我在一家旧书店里找了些轻松的读物，但我读到的任何一本小说似乎用词都太过于深奥，对于我混乱的头脑来说，太***费劲***了。

☛ **tip 小费**→向……倾斜；把……逼到……

It may be enough to ***tip*** many of those who are currently drifting, over the edge.

这可足以***把***许多目前正在漂泊的人***逼得***走投无路。

2. 军事部队

☛ **arms race 军备竞赛**→激烈竞争

As for the future, parenting will probably continue to be the ***arms race*** as it is—at least in the middle class, and at least until the game of getting ahead in our society eases up.

至于未来，养育子女看来很可能会继续如同***军备竞赛那样激烈***——至少在中产阶级中是这样的，而且会一直持续，直到在社会出人头地的这种竞争开始缓和。

☛ **arsenal 兵工厂，军械库**——an arsenal of 许多，大量的

This means we've got ***an arsenal of*** facts, figures and expert quotes at our disposal to support

whatever point we're trying to argue.

这意味着我们有着**大量的**事实、数据和专家名言来支撑我们的观点。

☛ barrage（指子弹多而形成的）弹幕→弥散

But most of the time, the truth is hard to discern amid the ***barrage*** of accusations and counter-accusations about fraud, the broken promises, and the outright lies that fly fast and loose among campaigns.

但大多数时候，真相是很难分辨的，因为竞选中到处**弥散**着关于欺诈、背弃诺言和弥天大谎的指控与反指控。

☛ bastion 堡垒（指防御工事）→堡垒（指精神支柱、精神捍卫）

They have now been liberated by the digital revolution to become a ***bastion*** for readers, old veterans and new converts alike.

它们现在已经被数字化革命解放出来，成为读者的**堡垒**，有老读者，也有新读者。

☛ battle 战争——up-hill battle 高地战役→艰苦的斗争

Sweet Briar is fighting an ***up-hill battle***.

斯威特·布莱尔正在打一场**硬仗**。

☛ bell and whistle 铃铛和哨子→花里胡哨的东西；不实用的东西

That's right: truck drivers, out at 55, on pensions with more ***bells and whistles*** than we imagine public employees get today.

没错：卡车司机，五十五岁退休，退休福利所含的那些**不实用的东西**，比我们想象的公务员现在得到的要多得多。

☛ blockbuster 巨型炸弹→轰动一时的大片

That's why a ***blockbuster*** success like *The Help* or *Bridesmaids* comes as such a shock.

这就是为什么像《帮助》或《伴娘》这样**轰动一时的大片**来得如此震撼。

☛ blunderbuss 老式的大口径短枪→轻率的；愚蠢的

I'd predict wise companies will likewise adapt. Rather than creating entirely new rules for social networking platforms that change constantly anyway, or setting up ineffective ***blunderbuss*** policies banning any online mentions of the workplace, employers will have to handle online employee speech the way they already handle offline speech. And in most cases, that means: "it depends."

我预测，明智的公司也会同样适应。雇主不是为不断变化的社交网络平台创建全新规则，或者设置无效的***愚蠢***政策来禁止在网上提及工作场所，而是将不得不应对线上员工的言辞，就像他们处理线下言辞的方式一样。大多数情况下，这意味着：“取决于具体情况。”

☛ **bullet 子弹**——silver bullet/magic bullet 银子弹 / 魔弹→良方；高招；灵丹妙药

All too often, we seek ***silver bullets***—simple solutions to the complicated problems that plague our complex society. This is a mistake.

我们经常会寻找***灵丹妙药***——简单的办法，来解决困扰复杂社会的疑难杂症。这是不对的。

Expanded legal protections are no ***magic bullet***, but they point us toward the inclusive society we must become for all our citizens, in all our bodily variation, to thrive.

扩大法律保护并不是什么***高招***，但他们指出，在所有的实际变化中，我们必须为所有的公民建设一个茁壮成长的包容社会。

☛ **caliber（枪支等的）口径**→才干；水准

Fluctuations in work have different outcomes depending on the ***caliber*** of job.

工作的波动会因工作***水准***产生不同结果。

☛ **cohort 步兵大队**——a cohort of 一群

At the same time, ***a cohort of*** humanity is wiped out because they can’t afford the price of life.

同时，***一群***人会被消灭，因为他们付不起生命的代价。

☛ **discipline 纪律**→学科

But this work is painfully slow, conceived with little engagement of the public and complicated by competing demands from the ***disciplines***, each wanting more and more space in a fixed pie (roughly 120 credit hours).

但这变化是缓慢而痛苦的，公众的参与度不高，而且因为各个***学科***的竞争性需求而变得复杂,每个学科都争相在固定的时间（即大约一百二十个学时）中占用更多的时间。

☛ **emblem 徽章**→象征

As social scientists observe the passing of “going steady”, exchanging class rings and other old-school ***emblems*** of commitment, it could be argued that Facebook offers today’s couples a valuable tool for replacing ambiguity with clarity.

社会学家观察到："稳定关系"，即交换毕业纪念戒指和做出承诺的其他传统**象征**都一去不复返了。现在可以说，脸书为当今的情侣提供了变模糊关系为清晰关系的宝贵工具。

☛ flak 高射炮→抨击；谴责

I got a lot of ***flak*** from my friends my freshman year for living at our dorm, Hashinger Hall, when my parents' house was only three miles away.

父母家离学校只有三英里远，而我却住在哈辛格宿舍楼里，为此，一年级的时候，很多朋友都**狂喷**了我。

☛ hindsight 枪支的照门→后见之明，事后诸葛亮

Only ***hindsight*** is 20-20 but the academy needs to improve its foresight.

只是**事后诸葛亮**当然好当，但学院须要提高它的预见性。

☛ knapsack（军用、旅行用的帆布或皮制）背包→（普通的）背包

"After giving my best to this child, I am sorry to say that for the safety of my family, friends and myself, I no longer wish to parent this child," she wrote in a note placed in his ***knapsack***.

她写了张字条，放在他的**背包**里："在对这个孩子尽了最大的努力后，我很遗憾地说，为了我的家人、朋友和我自己的安全，我不想再养育这个孩子了。"

☛ minefield 布雷区→隐伏着危险的事物

Facebook is a ***minefield*** of exes getting married and photographs of yesteryear that you weren't quick enough to untag.

脸书上有的是"**雷区**"：前伴侣结婚了，但脸书上往昔的照片却来不及删除。

☛ muzzle 枪口；炮口→使……缄默；封锁……的言论

Proving discrimination becomes increasingly difficult after businesses drop overt policies of exclusion and ***muzzle*** unrepentant bigots.

在企业放弃公开的排斥政策和**封锁**顽固不化的偏执**言论**之后，要证明有歧视偏见就变得越来越困难了。

☛ rank and file 横队和纵队→普通士兵；普通员工

Bargainers told the ***rank and file***: "Yes, we could give this to you as a wage increase, but we're going to sock it away in a pension."

谈判方告诉**普通员工**："是的，作为增加工资，这项可以满足你们，但要把它存放

到养老金里。”

☛ **realm 王国**→领域；范围

Whether complete equality in the division of labor can or should be achieved in these ***realms*** is an open question.

在这些***领域***中，劳动分工是否能够或者应该实现完全的平等，是一个悬而未决的问题。

☛ **shelter 避难所**→住所；家

For someone without alternative prospects and facing immediate financial needs that include paying for food and ***shelter***, any job that provides some level of financial support is better than no job at all.

对于一些人来说，他们没有其他的选择，而且面临着眼前的经济需求，例如需要钱买食物和找***住所***，能够在某种程度上给他们带来经济支持的任何工作，都比没有工作好。

☛ **shooter 射手**——straight shooter 坦白正直的人

She was a ***straight shooter*** and a mensch, and we don't have too many of those left now.

她是一个***正直的人***，一个受人尊敬的人。现在，像这样的人不多了。

☛ **shot 发射**——have a shot at sth. 尝试

Can their marriage survive the public scrutiny and unpleasant duties that go with being a British royal? I think they ***have a*** pretty good ***shot at*** it.

他们的婚姻能经得起公众的监督以及作为英国皇室成员所要承受的那些讨厌的责任吗？对此，我认为他们会好好***尝试***挑战的。

☛ **shot 发射**——shot at fame 一夜成名

Transgender activists who are pushing this agenda, which is making transitioning glamorous, providing attention to parents looking for a ***shot at fame*** and giving a platform to Munchausen by proxy syndrome, are ignoring the fact that the majority of these youths will forget they ever felt they were "born in the wrong body".

提倡变性的积极人士正在推动这一进程，使变性具有吸引力，给想要***一夜成名***的父母以关注，还给孟乔森氏症候群一个平台，但他们却忽略了这样一个事实：大多数这样的年轻人会忘记他们曾经觉得“投错了胎”。

☛ **shotgun 霰弹猎枪**——shotgun marriage 奉子成婚；强制婚姻→勉强妥协；仓促兼并

Yet, thanks to President Obama's auto task-force and a ***shotgun marriage*** with Fiat, Chrysler Motors is wearily on.

然而，因为要应对奥巴马总统的汽车产业特别工作小组及与意大利菲亚特汽车公司的***勉强合并***，克莱斯勒公司举步维艰。

☛ **smokescreen（掩护阵地和活动的）烟幕**→障眼法

Such national policies create a ***smokescreen*** of homogeneity and educational equality, which do not create equality.

这样的国家政策产生了同质性和教育平等的***障眼法***，但都不能真正平等。

☛ **tank 坦克**——think tank 幻想坦克→智囊团

Predictably, though, America's left-leaning advocacy organizations and ***think tanks*** are attempting to leverage this scandal to promote their pet panacea.

但可以预见的是，美国左倾倡导组织和***智囊团***正试图利用这一丑闻来推广他们钟爱的灵丹妙药。

☛ **team 队伍**——team up 合作，协作

By ***teaming up***, and even sharing space, libraries and bookstores could help each other solve their problems.

通过***合作***，甚至共享空间，图书馆和书店可以互相帮助来解决问题。

☛ **tinderbox 易燃物；火绒箱**→（危机四伏的）紧张局势

When there is a cultural gap as wide as the one in cities like Ferguson and the north side of Baton Rouge, inadequate training, military grade equipment and cell phone and body camera technology can turn neighborhoods into ***tinderboxes***.

当文化差异大到如同弗格森和巴吞鲁日的北部等城市的文化差异时，训练不足、军事级别装备、手机和身体摄像技术都可能将社区变成***火药库***，***危机四伏***。

☛ **war 战争**——at war 处于交战状态→吵架

That is, there are risks associated with any of the many ways that families are arranged, especially when parents are ***at war***.

也就是说，家庭生活的很多方式都有风险，尤其是父母***吵架***的家庭。

☛ Waterloo 滑铁卢战役→惨败，致命的打击

If the church learns that lesson from the loss of the gay marriage referendum its defeat may not, after all, represent its ***Waterloo***.

如果教会从同性婚姻全民公投的失败中吸取教训，那么，不管怎么说，它的失败也许不会是***滑铁卢——惨败***。

3. 公 检 法

☛ caveat 中止诉讼手续的申请→警告

That dream, however, comes with a few ***caveats***: don't let student loans crush you first, or unpaid internships leave you homeless.

然而，这个想法有几点***注意事项***：不要让学生贷款先把你压垮，或者做无薪实习而让你无房可住。

☛ chilling effect 寒蝉效应（指法律上的禁言）→寒蝉效应（指上层对下层的言论控制）

Doing otherwise risks creating a "***chilling effect***", causing already cloistered judges to shirk their duties of civic education, further disengage with the world around them, and hide underneath their robes.

否则，这么做就有产生"***寒蝉效应***"的风险，让已经与世隔绝的法官逃避教育公民的责任、进一步脱离周围世界、躲在法袍之下。

☛ cop 警察——cop-out 逃避；站不住脚的借口

That's a ***cop-out***; just like most teachers are effective, skilled professionals, so are most administrators.

这是一种***逃避***；正如大多数教师是高效的、娴熟的专业人员一样，大多数的管理者亦是如此。

☛ cordon 用警戒线围住——cordon off 隔离，孤立

One reason is that in ***cordoning off*** this cohort, we are also isolating their teachers, often for their entire careers.

其中一个原因是，在***孤立***这个群体的同时，为了他们的整个职业生涯，我们通常也在孤立他们的老师。

☛ **jeopardy（被告处于被判罪或受处罚的）危险境地**——in jeopardy 处于危险之中

Our entire system is ***in jeopardy*** due to years of reckless spending by our elected officials.

由于民选官员多年来不计后果的开支，我们整个系统都***处于危险之中***。

☛ **onerous（法律方面）承担（过重）义务（或责任）的**→繁重的，艰巨的

In many cases, these family-owned operations could not afford to comply with ***onerous*** regulations.

许多情况下，这些家族企业无法承受***苛刻的***规章制度。

☛ **police 警察**→监督；管辖

And should scarce government resources be spent on trying to ***police*** the large and growing number of unpaid internships?

而且，稀缺的政府资源应该用在***监管***数量庞大且日益增多的无薪实习吗？

☛ **quash 撤销（起诉）；宣布（判决等）无效**→阻止；扼杀

On the other hand, both nominations and awards—particularly those attached to financially successful films—tend to ***quash*** creativity.

另一方面，提名电影和获奖电影——尤其是那些票房上获得成功的电影——往往会***扼杀***创造力。

☛ **respite 缓期执行**→暂时的休息

Los Angeles was my unlikely ***respite***. I'd go days without seeing anyone, save those quick morning minutes Dave and I brewed our separate coffees (his strong and dark; mine unfashionably weak) and mid-workday chitchats with Pauline.

在洛杉矶，我可以有***暂时的休息***。我可以连续几天不见任何人，除了早上几分钟戴夫和我快速地煮沸各自的咖啡（他的很浓，不加糖；我的与众不同，很淡）及工作日的中午与波林交谈一下。

☛ **short shrift（死刑犯临刑前的）忏悔**→不理会

In the art world, facts are sometimes given ***short shrift*** in favor of concepts and ideas.

艺术世界里，更注重概念和想法，事实有时会被***忽视***。

☛ **undercover 从事间谍活动的**→卧底的；秘密的

Law enforcement regularly conducts ***undercover*** operations to catch criminals.

执法人员为抓捕罪犯经常进行***秘密***行动。

四、娱乐活动与体育运动

1. 旅　游

☛ cachet 纪念邮戳→威信，威望

There's also the ***cachet*** that comes with being an Olympic sport, which assists greatly in a national sport federation's efforts to mount a domestic sponsorship program, a program that can and has paid huge dividends in the finances of sport organizations.

还有，这种***威望***源自一项奥林匹克运动。这种威望大大有助于国家体育联合会发起的一项国内赞助计划，而这项计划可以而且已经给予体育组织机构经济上的丰厚回报。

☛ foothold（爬山时的）立脚点，脚支点→支撑

Without a stable economic ***foothold***, many young people report postponing marriage and parenthood plans.

由于没有稳定的经济***支撑***，许多年轻人计划推迟结婚和生育。

☛ pack 收拾行李——send sb. packing 让某人收拾行李→让某人滚蛋

He's in the United States on a work visa—the O-1 visa for "individuals with extraordinary ability or achievement"—and so it should be easy to ***send him packing***.

他在美国持的是工作签证——给"具有非凡的能力或成就的个人"颁发的 O-1 签证，所以应该很容易***让他收拾行李滚蛋***。

☛ Pack N Play 收拾行李去玩→婴儿包

Who wants to lug a ***Pack N Play***, stroller, high chair, bottles, Thermos, formula and more on a family vacation, when you can just pop the baby in a sling and go?

可以用背带把孩子抱出门的时候，谁又会想在家庭度假时，拖着***婴儿包***、婴儿车、高脚椅子、奶瓶、热水瓶、配方奶粉等？

☛ resort 度假胜地——last resort 最后的度假胜地→最后一招；救命稻草；破釜沉舟

One reason that annual jail admissions nearly doubled between 1983 and 2013 to 11.7 million, while crime dropped, is that jails have become the provider of ***last resort*** for people with mental health issues.

虽然犯罪率下降，但在 1983 年至 2013 年间，每年的入狱人数增加了近一倍，达到 1 170 万，其原因是监狱已经成为精神疾病患者的***救命稻草***。

☛ roller-coaster 过山车→突变的

Like Judy Garland and few others, she made the transition from child star to young woman to adult, although without Garland's more traumatic ***roller-coaster*** history.

像朱迪·嘉兰和其他为数不多的几个明星一样，尽管她没有嘉兰***过山车式的***创伤历史，但她却实现了从童星到年轻女星再到成年女星的过渡。

☛ tourist 游客——tourist dollars 旅游美金→旅游收入

Supporters of the bill say it will let Chicago compete with other cities for ***tourist dollars***.

该法案的支持者认为，该法案将让芝加哥与其他城市竞争***旅游收入***。

☛ travel 旅行→移动；传输

Messages ***travel*** along the spine from the nerve endings to the brain.

信息从神经末梢沿脊柱***传输***到大脑。

☛ trip 旅行→使某人绊倒

Our daughters can't reach their potential if boys are going to ***trip*** them on their way up.

如果男孩子要在她们发展的道路上***绊倒***她们，我们的女儿就无法实现潜能。

2. 娱　乐

☛ ace 幺点→打败

Interviewing.io makes the process anonymous, so race, gender, age and the interviewee's

school history won't be revealed until they've ***aced*** the technical screen.

网站 Interviewing.io 不公开过程，所以应试者的种族、性别、年龄和学校表现不会被泄露，除非他们***胜过***互联网技术。

☛ **boomerang 回旋飞镖**——boomerang children 啃老族

These ***boomerang children*** have been the butt of jokes on late-night television and even in commercials, but what's so bad about moving back in with your parents?

这些***啃老族***是深夜电视节目，甚至广告节目嘲笑的对象，但回家和父母一起住怎么就这么糟糕呢?

☛ **card 纸牌**——a wild card 未知数

So although the college is one of the state's most affordable, housing is ***a wild card***.

所以，尽管本学院是该州最能读得起的学院之一，住宿却是个***未知数***。

☛ **conundrum 谜语**→费解的难题，猜不透的难题

To an outsider, however, the US system is a ***conundrum***.

然而，对一个局外人来说，美国的体制是个***费解的难题***。

☛ **episode（电视剧）剧集**→片段；间隔

They receive their information in five-minute ***episodes*** and it comes in many modalities—sound, text, video.

五分钟***间隔***内，他们就能得到想要的信息，形式多样：有声音的，有文字的，也有视频的。

☛ **king（国际象棋中的）王**→最有势力者；最有影响力的人或物

If privacy matters, cash is still ***king***.

隐私很重要，但现金仍然为***王***。

☛ **mommy card 妈妈牌**——pull the mommy card 打妈妈牌→以当妈妈为借口

I have a lot of childless friends so I hate to ever ***pull the mommy card*** especially at work because I don't think that is fair.

我有很多朋友没有孩子，所以我不喜欢"***打妈妈牌***"（即***以当妈妈为借口***），尤其是在工作场所，因为我觉得这不公平。

☛ **odds 赔率**→概率；可能性

The ***odds*** of remaining in a long-term partnership are higher when there is a legal tie.

有法律的约束，保持长期伴侣关系的***可能性***就会更高。

☛ **odds 赔率**——at odds with... 与……有差别，与……不一致

Federal requirements often are ***at odds with*** what our state accountability standards require, so costs to the state increase unnecessarily to meet dual standards.

联邦政府的要求常常***与***各州问责标准的要求***不一致***，因此为了达到双重标准，各州的成本就不必要地增加了。

☛ **pawn 兵，卒**→被别人指使的可以随意舍弃的小人物；无关轻重的小人物

How that will affect access to physicians and patient care is uncertain, but both physicians and patients were always going to be ***pawns*** in a bigger government-run health care chess game.

有什么样的医生和得到什么样的治疗，其影响是不确定的，但是医生和病人都将成为由政府运作的医疗保健这样更大一盘国际象棋中的***卒子***，***无足轻重***。

☛ **poster children 海报孩子**→作为模范的人或物

College students are the ***poster children*** of this problem. Many live in dorms that are increasingly secured, inaccessible to the party's volunteer doorknockers or leaflet droppers.

大学生是这个问题的***模范代表***。许多人住宿，宿舍也越来越安全，因为很多自愿主办晚会的人无法到宿舍敲门宣传，传单投放者也无法到宿舍分发广告传单。

☛ **rap 说唱**——get a bad rap 口碑很差

But here, Facebook ***gets a bad rap***; it didn't cause the cheating. It just made it more convenient to do (and perhaps easier to catch).

但在这方面，脸书***口碑很差***。它没有导致婚外情。它只是方便了婚外情（也许也更容易被捉奸）。

☛ **trump 王牌**→胜过；超越

Today, however, education increasingly ***trumps*** gender.

然而，如今的教育越来越***超越***性别。

☛ **wager 赌注**→下赌注

I would ***wager*** that there was a similar level of plagiarism 15 years ago, when students did their research in libraries and lifted material from books.

我敢***打赌***，十五年前，当学生在图书馆里做研究，从书上抄袭内容时，也有类似程度的剽窃行为。

3. 体育运动

☛ **about-face 向后转**→（立场、观点等）彻底改变

In calling its proposed new rules "foundational", the FDA does not exactly do a sharp ***about-face***.

将其拟议的新规则称为"基本的"，食品和药物管理局并没有完全***改变立场***。

☛ **back-pedal（骑自行车时）倒蹬**→撤销；改变想法

No matter how they might now attempt to ***back-pedal***, brain researchers have convinced many well-intentioned educators and parents that sex differences in brain development categorically affect learning styles and justify different teaching methods.

无论他们现在要如何企图***改变想法***，大脑研究人员已经说服了许多用意良好的教育工作者和父母，使他们相信大脑发育的性别差异会直接影响学习方式，并证明不同的教学方法是正确的。

☛ **bail-out 跳伞**→应急措施

I doubt any university is going to gain much from a chief executive whose record is a trail of tears marked by bad deals, authoritarian style, unethical practices and government ***bail-outs***.

我怀疑，任何一所大学都不太会受益于这样一位首席执行官，因为他的履历可谓"血泪斑斑"，充斥着不当交易、独裁作风、不道德行为以及政府的***救急措施***。

☛ **blood sport 涉及杀生的户外运动（如狩猎、斗鸡、斗牛等消遣活动）**→血腥运动

Politics in India, already very rough, will become ***blood sport***, as candidates and their party machines seek to use the judgment to disqualify their challengers.

印度的政治已经令人非常头疼，现将演变成为***血腥运动***，因为候选人及其政党机器都企图利用判决来取消对手的资格。

☛ **bout（拳击比赛）回合**→较量

In a ***bout*** of extreme prescience or extreme irony or both, David Carr pointed out less than a day before exactly what transpired in the Romney video: "Keep in mind that when public figures get in trouble for something they said, it is usually not because they misspoke, but because they accidentally told the truth."

在极端先见之明或极端讽刺或两者兼而有之的一轮***较量***中，罗姆尼视频内容泄露之

前的不到一天里，大卫·卡尔就指出："请记住，公众人物因为自己所说的话而惹上麻烦时，通常不是因为口误，而是因为不小心道出了真相。"

☛ **champion 冠军**→支持，拥护

But I was not ready to become a liberal or a conservative. I did not have enough political knowledge or historical understanding to ***champion*** gun rights or socialism.

但是，我还没有准备好成为一个自由派或保守派。我没有足够的政治或历史知识来***拥护***持枪权利或社会主义。

☛ **flip 空翻**——flip side 唱片的反面→另一方面；相对立的人

All this, of course, is the ***flip side*** to the social fact that other relationships provide more freedom and flexibility to the adults involved.

当然，所有这些都是社会现实的***另一面***：其他关系为参与其中的成年人提供了更多的自由度和灵活性。

☛ **game-changer 游戏规则改变者**→改变传统规则的创新；力挽狂澜者

The NRA is not going away and will continue to be a force in gun policy and politics. But expect more gun owners to follow leaders like Giffords, Kelly and Scarborough. This will be the ***game-changer***.

全国步枪协会不会消失，而将继续成为支持枪支管理政策和政治的一股力量。但是，希望更多的枪支持有者追随像吉福兹、凯利和斯卡伯勒这样的领导人。这将会***改变传统规则***。

☛ **gym 健身房；体育馆**——hit the gym 到健身房健身

Like most women mothering in 2014 in the United States of America, I'm trying to work outside the home, feed my family wholesome meals, keep my home and brood relatively clean, manage my family's social and extracurricular needs, ***hit the gym***, stay fit and look good.

跟 2014 年为人母的大多数美国妇女一样，我尽力做到：在外工作，给家人做健康饭菜，把家和孩子整理得比较干净，满足全家社交和业余活动的需求，***去健身房锻炼***，保持健康和身材好看。

☛ **hoop 篮圈**——play hoops 打篮球

In Beijing, it was American-born basketball players Becky Hammon and J. R. Holden ***playing***

hoops for Russia.

美国出生的篮球运动员贝基·哈蒙和琼·罗伯特·霍尔登代表俄罗斯在北京***打篮球***比赛。

☛ jockey 当赛马的骑师→想方设法

Our economy is still in a slump; greenhouse gases threaten to turn the earth into a giant steam room; scarce natural resources like food, water and oil have already become international flash points as the developing and developed worlds ***jockey*** for position to sustain or improve their standards of living.

我们的经济仍处于低迷状态；温室气体就要将地球变成一所巨大的蒸汽房；像食品、水和石油等稀缺的自然资源已经成为国际社会的热点，因为发展中国家和发达国家都***想方设法***维持或提高生活水平。

☛ jujitsu 柔术→以智力取胜

When the press calls out his outrages, he simply does his rhetorical ***jujitsu***, and—wham—the truth is flipped flat on its back.

当媒体把他的暴行揭露出来时，他只不过在言语上***以智力取胜***，并且——“嘭”的一下——真相被颠倒了。

☛ jump start 抢跑→快速重新启动

What should Hillary Clinton do with Bill? That's easy. She should appoint him as special envoy to Israel/Palestine with a presidential mandate to ***jump start*** the peace process.

希拉里·克林顿应该如何安排比尔？这很简单。她应该任命他为以色列/巴勒斯坦的特使，让总统授权他***重新启动***和平进程。

☛ run 跑步——in the very long run 从长远来看；将来

We have recently calculated what might happen ***in the very long run*** (up to 2200) if the whole world would, by the end of the 21st century, reach the level of fertility seen today in Europe and in China, around 1.5 children per woman.

如果全世界都将在 21 世纪末达到欧洲和中国现在的生育水平，大约每个女人生 1.5 个孩子，那么，我们最近已经预测出***将来***（到 2200 年）都会发生些什么了。

☛ run 跑步——on the long run 最终；从长远来看

Give employees the correct balance of freedom and free time and it will earn the employer

extra ***on the long run***.

给予员工自由和空闲时间以保持适当的平衡，***从长远来看***，会给雇主带来额外的好处。

☛ **run 跑步**——run counter to... 与……背道而驰

This finding ***runs counter to*** the standard prescription given by pundits and many economists that American workers simply need to “up-skill”, get more education, and concentrate on “innovation” and creativity.

这一发现**与**许多专家和经济学家给出的标准解决方案***背道而驰***，他们认为美国工人只是须要“提高技能”，接受更多教育，并专注于“创新”和创造力。

☛ **scrum 并列争球**→扭打；混乱

Networks built to aggregate enormous audiences are now in the same ***scrum*** as channels that count their audiences in the thousands, not millions.

创建以来就聚集了庞大受众的那些大型广播电视网，现在同那些观众数以千计而不是百万计的节目一样，都处于***混乱状态***。

☛ **slam-dunk 扣篮**→轻而易举的事

Accordingly, if the American Civil Liberties Union has a junior lawyer who needs some courtroom experience, send him to Trenton. His first case should be a ***slam-dunk***.

因此，如果美国公民自由联盟的初级律师欠缺一些法庭经验，就把他送到特伦顿。他的第一个案子应该是***轻而易举的***。

☛ **softball 垒球**→容易回答的

In far too many troubling shootings, investigators are not willing to ask the officers the tough questions they would ask in any other homicide that did not involve cops but instead let them off the hook with ***softball*** questions.

在许多令人不安的枪击事件中，调查人员不愿向警察询问他们在其他无关警察的凶杀案中所要问的尖锐问题，而是用***容易回答的***问题让警察从中摆脱出来。

☛ **straddle 骑；跨**→跨立于；跨越

Credit cards ***straddle*** the world between electronic and physical money.

信用卡***跨越***电子货币和实物货币两种货币体系。

☛ **stranglehold 勒颈；卡脖子摔**→钳制；束缚

A ***stranglehold*** on the news industry is bad for readers.

钳制新闻行业对读者是不利的。

☛ **swing 秋千**→关键

Polls at the time showed that the national majorities embraced contradictory positions—simultaneously opposing racial preferences and supporting affirmative action—and with Justice Sandra Day O'Connor as the ***swing*** vote, the court split the difference between the two positions even more deftly than the political branches.

当时的民意调查显示，全国大多数人都支持相互矛盾的立场——反对种族偏好的同时，支持平权行动——而在桑德拉·戴·奥康纳法官***关键***一投的情况下，法庭将比政治部门更加巧妙地折中这两种立场。

☛ **take the plunge 向……纵身一跳**→冒险

The economies of the developed nations are vast, and still offer limitless opportunities to those bold enough to ***take the plunge***.

发达国家拥有庞大的经济规模，仍在为那些敢于***冒险***的人提供无限的机遇。

☛ **Tiger Woods 老虎·伍兹（美国著名高尔夫球手）**→林中的老虎；老大

Toyota, the ***Tiger Woods*** of carmakers, has long—and erroneously—been credited by an adoring public and a credulous media with godlike discipline and otherworldly perfection.

丰田公司，可谓汽车制造行业的***老虎·伍兹***，长期以来一直错误地被崇拜的公众和轻信的媒体誉为庄严纪律和超然完美的化身。

☛ **toe the line 准备起跑**→听从

Even friends must ***toe the line*** or face wrath.

即使是朋友也必须***言听计从***，否则将受到埋怨。

☛ **toehold 攀登立足点**→微小的优势；（事业等）初步立脚点

But the erosion of consumer spending is partly a symptom of deeper shifts, trends that predate the recession: the nation's widening income gap and the erosion of jobs that pay enough to give people a ***toehold*** in the middle class.

但消费支出的减少，部分程度上是经济衰退的征兆，即经济衰退之前的趋势：全国

收入差距扩大以及就业岗位流失，这些岗位提供足够的收入让人们在中产阶级中占有***优势***。

☛ tussle 摔跤→争斗；扭打

Turning this into a political ***tussle*** over issues more often tied to the debate over abortion is creating confusion and uncertainty for intended parents, gestational surrogates, and the children born of these arrangements.

把这变成一场政治***斗争***，往往会纠结于流产问题，给委托代孕父母、妊娠代孕母亲和代孕出生的孩子制造混乱与不确定性。

☛ wrestle 摔跤→挣扎

Far too many adults are ***wrestling*** with debt or living paycheck to paycheck because they learned to be consumers, and it became integral to their way of life.

因为学会了消费，有太多的成年人正***挣扎***着还债或者生活入不敷出，而这又成为他们生活方式不可或缺的一部分。

五、文化和艺术

1. 数　学

☛ **asterisk 星号**→特别注意的对象

A year ago, he was an ***asterisk*** in the polls. But thanks to the Snapchat Generation, he nearly brought down a political dynasty.

一年前，他在民意调查中***被标记一个星号，成为关注的对象***。但是，多亏了“（色拉布）快照一代”，他几乎把一个政治王朝搞垮了。

☛ **backtrack 回溯**→回顾

To answer that question, let's ***backtrack*** a bit and talk about how, as a society, we evolve.

要回答这个问题，让我们先***回顾***一下，看看作为一个社会，我们如何进化。

☛ **cardinal 基数**→基本的；主要的

And a ***cardinal*** rule for marriage also applies to friendship. No one likes to hear “I told you so”.

婚姻的***基本***法则也适用于友谊。没人喜欢听“我跟你说过了”。

☛ **double 双倍**——double over（因笑、疼痛等）使身子变屈

But the Internet can't recreate the experience of reading a hilarious passage out loud while your friends are ***doubled over***, red-faced with laughter, or sharing a pair of earbuds to hear the new song that's going to define your summer.

但是，互联网无法再现这么一种经历：大声朗读一篇非常滑稽的文章，而此时朋友

们笑***弯了腰***，脸都红了；或者跟朋友一起共用一副耳机来听一首会影响夏天心情的新歌。

☛ **exponential 指数的**→大幅度的

Like many developing countries, Kenya, with plentiful wildlife and pristine beaches, benefited from the ***exponential*** growth in global travel.

和许多发展中国家一样，肯尼亚也拥有丰富的野生动物资源和原始海滩，受益于全球旅游的***大幅度***增长。

☛ **45（数字）45**→ 45 转的点唱机；45 转的唱片

But many independent labels started taking matters into their own hands, buying up old pressing equipment and putting out vinyl records and ***45s*** themselves, which gave the stores more records to stock.

但是，许多独立的唱片公司开始自己动手，购买旧的冲压设备，发行黑胶唱片和***45 转的唱片***，这让实体店可以引进更多的唱片。

☛ **grade（用数字表示的）成绩**→评分；评价

Is the research paper still justifiable as a means of ***grading*** a college student's performance?

把研究论文作为***评价***大学生学业的手段依然合理吗?

☛ **Magic 8 Balls“神奇的八个球”（美国八九十年代的一种玩具）**→问题的各种答案

Medical websites are like ***Magic 8 Balls***: several clicks or shakes eventually provide a desirable answer.

医学网站就像“***神奇的八个球***”，***有着各种答案***：几次点击或摇动最终提供一个理想的答案。

☛ **minus 减号**→劣势

The ***minuses*** far outweigh that possible gain.

不利因素远超可能获得的收益。

☛ **nil 零**→无

This could foster economic and social improvements over the next few decades rather than simply creating a bubble of short-term economic growth, and repeating the negative short-term cycles created by the Pan American Games in Rio de Janeiro in 2007, which were so over budget and rife with scandal and corruption that the benefits for the city were

practically ***nil***.

这可促进未来几十年的经济和社会进步，而不是简单地产生短期经济增长的泡沫，也不是重复2007年在里约热内卢召开的泛美运动会而产生的短期负面影响。那次运动会大大超出了预算，充斥着丑闻和腐败，给这座城市带来的好处几乎为***零***。

☛ **odd 奇数的**→以上

Truth is, few teachers have the extraordinary skill and stamina to constantly fine-tune instruction to the needs of 20- or 30-***odd*** students, 6 hours a day, 180 days a year.

事实是，一年一百八十天、每天六小时不断地对二十或三十***多***岁学生的需求进行微调指导，很少有教师具备这种非凡的技能和耐力。

☛ **100 percent 百分百**→完全

Lessons like: “Sometimes, life ain’t fair.” That’s another thing my Mom used to say. And this time, I agree with her ***100 percent***.

比如：“有时候，生活是不公平的。”这是我妈妈常说的另一件事。这一次，我***完全***同意她的观点。

☛ **pair 一双**→配对成双

With all the new options, have the services become more sophisticated at ***pairing*** like-minded individuals? Do the apps work?

配备了所有的新选项，***配对***志趣相投的人这方面的服务会变得更复杂吗？应用程序有用吗？

☛ **plus 加号**→而且；进一步来说

In other words, we take applying logic to hypothetical situations seriously, ***plus*** of course playing video games that take us into hypothetical and symbolic worlds.

换句话说，我们会认真地对假设的情形运用逻辑，当然，***还***会玩电子游戏，进入到假设性和象征性的世界。

☛ **plus 加号**→加分项

If bold action to lock up a nomination early is an obvious ***plus*** for any candidate, it can have both positive and negative consequences for the party and for voters.

如果提前锁定提名的大胆行动对任何候选人来说都是显而易见的***加分项***，那么，它对政党和选民都有喜忧参半的影响。

☛ **plus 加号**→优点

There are ***pluses*** and minuses of an early campaign lockup.

早期竞选锁定有其***利***与弊。

☛ **quarter 四分之一**→住所

If you're like many Americans, you have just spent a few days in close ***quarters*** with your parents, grandchildren, siblings, etc.

如果你和许多美国人一样，那么，你也可能刚刚在父母、孙子、兄弟姐妹等附近的***房子***里生活了几天。

☛ **second 第二**——second guess 第二次猜测→事后批评；要事后聪明

It can help us ***second guess*** ourselves in useful ways.

它可以帮助我们进行有效的***事后批评***。

☛ **spiral（对数）螺线**→螺旋；循环

If a slow economy curbs the birth rate, and low birth rates hurt the economy, it sounds like a downward ***spiral***.

如果经济放缓限制出生率，而低出生率又损害经济，听起来像是一个恶性***循环***。

☛ **tell-tale 计数器**→能说明问题的；暴露真相的

In some ways, we have seen the ***tell-tale*** patterns emerge: book signings, readings, a venue to connect readers to their favorite authors.

在某些方面，我们已经看到***能解决问题的***模式出现了：签名售书会、读书会、提供场地供读者联系自己喜爱的作家。

☛ **ton 吨**——a ton of 大量的

After all, the host said, the pop star makes ***a ton of*** money, creates jobs and pays a fortune in taxes.

主持人说，毕竟这位流行歌手赚了***大***钱，创造了就业机会，并缴纳了巨额税收。

☛ **twentysomething 二十几岁**→二十几岁的人

A whole generation of ***twentysomethings*** feels adrift—crushed by debt, living with their parents, delaying traditional milestones of adulthood, unable to become independent stakeholders in society.

二十几岁的这一代人都有一种漂泊感：被债务压垮，和父母同住，推迟成年的传统里程碑时间，无法成为独立的、利益相关的社会人。

☛ twosome 两人组→两人玩的游戏，两人游戏

"Tomato at 9 o'clock," I'll say to my husband, using our code word when I spot a mixed-race ***twosome***.

当我辨认出是一场混种***两人组游戏***的时候，我会用我们之间的暗号对我丈夫说"九点的西红柿。"

☛ W-9 一种表格→税务表格

Furthermore, I'm troubled by the thought of spouses as employees. Will we have to sign a ***W-9*** with our marriage licenses? Also, how will the government enforce these laws?

此外，一想到配偶成为员工，我就感到不安。有了结婚证，我们要填写一份 ***W-9 税务表格***吗？而且，政府将如何执行这些法律法规？

☛ zero 零→没有

No sooner had the toll from the latest mass shooting been tallied than came the world-weary predictions that the carnage would have ***zero*** political effect.

最近一次大规模枪击事件造成的伤亡人数一旦统计出来，那么，世人厌倦的预测结果也即将出来。预测认为这场大枪击案将***不会***有任何政治影响。

☛ zero 零——zero in on... 向……集中注意力；对准……

Shoplifters have been ***zeroing in on*** the laundry detergent Tide, *New York Magazine* reported last week.

据《纽约杂志》上周报道，商店扒手们一直***死盯***"汰渍"洗衣粉。

☛ zero-sum 零和的——zero-sum game 零和游戏（双方利益针锋相对，不可能取得妥协的局面）

It's not a ***zero-sum game***.

这不是一场***零和游戏***。

2. 物　理

☛ brunt 冲击力——assume the brunt of 在……中首当其冲

Despite this increase, women continue to ***assume the brunt of*** these domestic responsibilities—about 40 percent more of the unpaid work than men.

尽管有了这一增长，女性仍然***在***家庭责任***中首当其冲***：这些无偿的活儿，女性比男性多做 40% 以上。

☛ brunt 冲击力——bear the brunt 首当其冲

Data from the Mass Layoff Statistics program of the Bureau of Labor Statistics shows that 1 to 3 percent of all non-seasonal layoffs in the first half of 2010 were due to outsourcing overseas with manufacturing ***bearing the brunt***, according to employers.

美国劳工统计局的大规模裁员统计数据显示，2010 年上半年所有非季节性裁员中，很多用人单位表示有 1%～3% 是由于业务海外外包，而制造业***首当其冲***。

☛ chip 芯片——chip away 削弱

If more people are living alone, in the United States and around the world, I would argue that our humanity is being ***chipped away*** by the lack of cuddle.

美国及全世界都是如此，更多人都是独自生活。我认为这是由于缺乏拥抱，人性被一点一点地***削弱掉***。

☛ equalizer 均压器→调节器

Television is a great ***equalizer***—everyone is the same size on that screen—and Kennedy, the less known and less experienced candidate, was instantly seen as Nixon's equal.

电视发挥大型***调节器***的作用——每个人在屏幕上的大小都是一样的——而肯尼迪，这位知名度不高、经验较少的候选人，却被立即视为尼克松的对手。

☛ fix 修理→解决方案

More important, there is a much faster ***fix*** than trying to add more children, who will not become economically productive for decades: raising retirement ages to reflect the greater longevity and working capability of today's older adults and making adjustments to make pension programs more sustainable.

更重要的是，比起多生孩子（因为孩子几十年都不可能有经济上的产出），有一个更快速的***解决方案***：延迟退休年龄，以反映当今老年人更长寿、工作能力更强（的情况），同时对养老金计划做出调整使其更具有可持续性。

☛ galvanize 镀锌；通电→刺激；使……采取行动

Rivalries can even ***galvanize*** the country and bring people together during tough times.

竞争甚至可以在困难时期***激励***国人，把民众团结起来。

☛ **high-resolution 高分辨率的**→高清晰度的

The iPad is essentially a 10-inch, ***high-resolution*** screen held intimately close to your body, housing content you manipulate by direct touch.

平板电脑本质上是一块十英寸的***高清***屏幕，可以随身携带，涵盖的内容可以通过触屏来操控。

☛ **hoist（用绳索、起重机等）使升起**→把……放在……上

When he was an infant, I would ***hoist*** him on sling or a baby chair and talk to him while I cooked and we listened to Amharic love songs.

婴儿时，我会***把***他***放在***背带或者婴儿椅***上***，边做饭边跟他说话，一起听阿姆哈拉语情歌。

☛ **hub 集线器**→中心

Our kitchen is the ***hub*** of our household where we talk, play games, and of course, eat meals together.

厨房是我们全家的***中心***，一起聊天，玩游戏，当然，还一起吃饭。

☛ **inflame 使燃烧**→激怒

Uncle Bob really is an unapologetic Neanderthal after all, and Cousin Judy's anaconda tattoo on her neck only ***inflames*** Grandma.

毕竟，鲍勃大伯真的是一个毫无悔意的尼安德特人，而堂姐朱迪脖子上的蟒蛇文身只会***激怒***奶奶。

☛ **light 光**——in light of 根据；鉴于

In light of that, any bookstore that sticks to its age-old formula of stocking and selling books is headed the way of the dinosaur.

据此，坚持库存和销售图书的传统模式，任何一家书店都会走向恐龙的灭亡之路。

☛ **magnet 磁石**——magnet school 磁石学校→（设备精良和师资优秀）有吸引力的学校，深受欢迎的学校

Other schools, such as New York City's Brooklyn Prospect Charter School and the Metropolitan Learning Center, a ***magnet school*** outside of Hartford, employ IB programs and are able to attract richly diverse student bodies by race, ethnicity and income.

其他一些学校，比如纽约市的"布鲁克林展望特许学校"以及位于哈特福德郊外的"大

都市学习中心”这样***受欢迎的学校***，利用国际学士项目，能够从民族、种族和收入方面吸引多元化的学生团体。

☛ **safety valve 安全阀**→安全的手段（方式等）

Boat departures have always been a ***safety valve*** for the persecuted and the downtrodden.

对遭受迫害和蹂躏的人来说，乘船离开一直是一种***安全方式***。

☛ **spectrum 光谱；频谱**→范围

Truth is, there's a broad ***spectrum*** of what people are willing to accept, to forgive, to forget.

事实是，大家愿意接受、原谅、忘记的事情的***范围***都挺广的。

☛ **spin 旋转**——give a new spin on 为……带来新变化

Struggling to come up with an interesting, original idea that ***gives a new spin on*** what is already known is a worthwhile challenge that has taught me to scrutinize current knowledge more critically, think more originally and write more effectively.

奋力想出有趣的新颖观点，***为***已知的事物***带来新变化***，这是一个值得尝试的挑战，教会我以更具批判性的观点审视当前的知识、更有新意地进行思考，并且更有效地进行创作。

☛ **tepid 微温的**→不冷不热的；不愠不火的

Despite adding 400 miles of dedicated bike lanes, the response from most New York commuters has been ***tepid*** at best.

尽管增加了四百英里的自行车专用道，但大多数纽约通勤者对此的反应充其量是***不冷不热***。

☛ **throttle 节流阀**→压制，扼杀

Effectively, Facebook ***throttled*** the traffic that once brought its users to obscure-but-important news sites, as well as to the behemoths like Buzzfeed.

实际上，脸书***抑制了***访问量，本来用户可以访问一些鲜为人知但又重要的新闻网站，以及像“嗡嗡喂”这样庞大的新闻聚合网站。

☛ **tick-tock 滴答滴答**→ tick-tock anxiety（貌似听着钟表滴答声的那种）焦虑

Part of the blame lies with (some) fertility doctors, who benefit from ***tick-tock anxiety*** among younger women and inflated hopes among older ones.

部分责任在于（一些）生殖医生，他们利用年轻女性***急于***怀孕捞取好处，并在上了

年纪的女性中鼓吹希望。

☛ traction 牵引力→吸引力；追捧

A 2015 Reuters poll revealed how Stewart also successfully gained ***traction*** among those outside his liberal core audience, with a whopping 42 percent of Republican respondents reporting that Stewart generally shares their world view.

2015 年，路透社的一项调查显示，斯图尔特还成功地赢得了自由派核心观众之外的人士的***追捧***。令人惊讶的是 42% 的共和党受访者称斯图尔特的世界观总体上与他们相同。

☛ widget effect 小部件（插件）效应→装饰品效应；摆设效应

In a 2009 study, my organization labeled this phenomenon the "***widget effect***". Most school districts can't distinguish their highest-performing teachers from their lowest; wrongly, they act as though all teachers are the same.

在 2009 年的一项研究中，我的学校将这种现象称为"***摆设效应***"。大多数学校无法将表现最好的教师与最低水平的教师区分开来；很不公平的是，学校的做法就好像所有的教师都一样。

☛ zoom 变焦摄影——zoom out 把镜头推远→眼光要放远一点

To see humans' progress, ***zoom out***.

为了人类的进步，***眼光要放远一点***。

☛ zoom 变焦摄影——zoom up 变焦最高→直线上升

All children are capable of success, but we cannot expect all students to achieve when far too many are climbing stairwells with broken handrails and missing steps, tripping and falling as they work to keep up, while others are ***zooming up*** on elevators.

所有的孩子都能成功，但我们不能指望所有的学生都能取得成功，因为有太多的学生得爬楼梯，楼梯的扶手坏了，台阶也缺失，努力往上爬的时候经常会跌跌撞撞，而另一些学生却是乘电梯***急速上升***。

3. 化　学

☛ battery 电池——a battery of 一系列；一套

While the *International Herald Tribune* article points to "***a battery of*** policy measures", some

of these have been in place for less than five years.

《国际先驱论坛报》的文章直指“***一系列***政策措施”，而其中的一些措施已经实施快五年了。

☛ **burnout 燃料烧尽**→倦怠

Finally, there’s the issue of social media ***burnout*** between couples.

最后，是恋人之间的社交媒体***倦怠***问题。

☛ **catalyst 催化剂**→刺激因素

Some of my “worst” relationships have been ***catalysts*** for my greatest growth.

所处过的一些“糟糕”关系已经成为我成长的***刺激因素***。

☛ **crux 坩埚**→关键；难题

This is the ***crux*** of a larger policy problem that goes beyond commitment laws.

这是逾越民事法而产生的政策大问题的***症结***所在。

☛ **dilute 稀释**→弱化

Some might worry that moving toward a German- or Dutch-style arrangement would further ***dilute*** the voice of shareholders.

一些人可能担心：转向德国模式或荷兰模式将进一步***弱化***股东的发言权。

☛ **dilution 稀释**→弱化

One recommendation is to avoid ***dilution*** of individual creativity.

建议避免***弱化***个人创造力。

☛ **fallout 放射性尘埃**→后果；副作用

This is why we are, and need to be, outraged with Volkswagen, and why their act is not just about their cars—it is a betrayal of the social trust, and the trust ***fallout*** I suspect will have an impact on all German manufacturers and all car makers.

这就是为什么我们会而且也须要对大众公司感到愤怒，为什么他们的行为不只涉及他们的汽车——这是对社会信任的背叛；我怀疑信任危机的***后果***将影响所有德国制造商和所有汽车制造商。

☛ **filter 过滤器**→筛选

In their view, ultimately it’s the script, not the teacher that counts, so it makes no difference if inexperienced teachers are ***filtered*** in and out of schools year after year.

在他们看来，最终重要的是讲稿而不是老师。因此，如果没有经验的老师年复一年地被***筛选***进出学校，就没有任何影响了。

☛ front burner 前墙燃烧器→优先地位；头等大事

With the global quest for long-term competitiveness assuming new urgency, education is on everyone's ***front burner***.

在全球都需要长期竞争力以应对新的紧急事件的情况下，教育已经成为每个人的***头等大事***。

☛ high-octane 高辛烷值的→强烈的；高强度的

It is condescending to suggest that they have been manipulated when they choose home and family over ***high-octane*** careers—or to pursue degrees in education rather than engineering.

这是一种屈尊俯就的说法：她们选择家庭而不是***高强度的***职业生涯时，或者是攻读教育学而不是工程学的学位时，她们就已受到摆布了。

☛ litmus test 石蕊试验→试金石；决定性的试验

"Grammar is my ***litmus test***," the CEO of iFixit wrote recently in the *Harvard Business Review*. "If job hopefuls can't distinguish between 'to' and 'too', their applications go into the bin."

"语法是我的***试金石***，" iFixit 的首席执行官最近在《哈佛商业评论》中写道。"如果求职者不能区分'to'和'too'，他们的求职资料就应该被扔进垃圾桶。"

☛ nascent（分子）初生态的;（元素）新生的→刚诞生的；正在发展的

Surely local farmers can band together and build processing systems for their ***nascent*** industry, whether through a cooperative or the efforts of individual entrepreneurs.

当然，无论是通过合作还是个人的努力，当地的农场主都能团结起来，为***新生***产业创建加工系统。

☛ quicksilver 水银的→变化极快的，瞬息万变的

Many young couples break up just because of the girls' ***quicksilver*** changes of mood and the boys' unbearable of it.

很多年轻情侣分手，仅仅是因为女生***瞬息万变的***情绪波动而令男生受不了。

☛ steam 蒸汽→精力；动力

The testing-and-accountability movement can be proud of its accomplishments under No

Child Left Behind, but the strategy has run out of ***steam***.

“不让一个孩子掉队”的项目里，试验—问责制可以为所取得的成绩感到自豪，但这种策略已经失去了***动力***。

☛ **vinyl 乙烯基**→乙烯基唱片；黑胶唱片

But then, around 2009, something happened that surprised even me: the resurgence of ***vinyl***.

但是，大约在 2009 年，发生了连我都感到惊讶的一件事：***黑胶唱片***的重新流行。

☛ **vitriol 硫酸盐**→尖刻的话

Of course, that ***vitriol*** is not meted out equally: *The Guardian* analyzed its comments and found the 10 most abused writers of the past decade were female and/or black.

当然，说出的这***刻薄话***并不见得公平：《卫报》分析了它的评论，发现过去十年中最受虐待的十位作家都是女性和（或）黑人。

4. 心 理 学

☛ **corollary 推论**→必然的结果

Americans may work longer at the job, but the ***corollary*** is that they also work less at home.

美国人在单位的工作时间可能更长，但***必然的结果***是，在家的工作时间也更少。

☛ **doom 命运**→注定

It’s an important discussion, but one frequently accompanied by the mistaken assumption that poor parents ***doom*** their children to a future behind a McDonald’s counter.

这是一个很重要的讨论，但经常会伴有这样一个错误的假设：贫穷的父母***注定***会让孩子将来就只能在麦当劳当服务员。

☛ **factor 因素**——factor in 包括，把……计算在内

On a more general level, our attempts to identify the “optimal level of fertility” show that a fertility level of 1.5 to 1.8 children per woman turns out to be optimal, if education is explicitly ***factored in*** and the smaller number of young people receive high education.

在更广泛的层面上，我们尝试找出“最佳生育水平”的时候发现，如果***把***教育明确***纳入考虑范围***，更少年轻人接受高等教育，那么，每位女性生 1.5 至 1.8 个孩子的生育水平将是最佳的。

☛ **impulse 冲动**——impulse-buy 即兴购买

I might ***impulse-buy*** a couple of books at the library if they were there for sale.

假如图书馆有售书，那我也可能***即兴购买***几本。

☛ **interest 兴趣**→同行；伴侣

Sometimes spending a weekend or a week together, when the love ***interest*** lives faraway or travels a lot, is enough. Sometimes distance really does make the heart grow fonder.

爱人居住在远方，或者经常出差，有时能一起过个周末或生活一周，也足矣。有时，距离能真正地使两颗心靠得更近。

☛ **mind 思想**→照顾

German women, for example, to a remarkable degree still stay at home doing housework and ***minding*** the children rather than pursue careers.

例如，德国女性在很大程度上仍然待在家里做家务，***照顾***孩子，而不是追求事业。

☛ **mind 思想**——mind boggling 难以置信的

Now being able to see what people wear in any part of the world, with the click of a button, is ***mind boggling*** while feeding the industry exactly what it wants.

通过点击按钮，现在就能够看到世界各地的人都穿些什么，这有点令人***难以置信***，但同时又可以满足时尚行业的需求。

☛ **mind 思想**——mind-bending 离奇古怪的；令人费解的

In the late 1970s I often rode the subways uptown just to see the inspired ***mind-bending*** looks of the kids from the South Bronx who not only looked fierce visually, but also were fiercely intuitive politically.

20 世纪 70 年代末，我经常在非商业区乘坐地铁，就只为了瞧瞧南布朗克斯区那些富有灵感、***离奇古怪的***孩子们，他们不仅给人强烈的视觉感受，而且也有着非常直观的政治敏感性。

☛ **mood 情绪**——the mood strikes 情绪上来→心情不好

The closer a student is to home, the easier it is to bring the laundry home and to land in your old bed with tea and sympathy when you have the sniffles. And the easier it is for parents to visit you at university whenever ***the mood strikes***.

学生离家越近，就越容易把要洗的衣服带回家，而一旦感冒流鼻涕，就会回来躺床上，想喝感冒茶，也想博得家长同情。而且，只要学生***心情不好***，家长就更容易到大学来看望。

☛ spontaneity 自发性→随性

I wanted to work hard, have fun with my friends, travel and embrace ***spontaneity***.

我想努力工作，跟朋友们一起玩乐，喜欢旅游，也喜欢***随性***。

☛ zeitgeist 时代精神（德国哲学家黑格尔对一个国家或者一个群体在一定时代环境中的文化、道德、氛围和趋势的称法）→时代思潮

Girls is the ***zeitgeist*** show of the moment. People just can't stop talking about it.

《绯闻女孩》体现当下***时代思潮***。人们总是不停地谈论这部剧。

5. 色　彩

☛ black and white 黑与白的→黑白分明的；容易判明的

If mainstream journalists often paint the world in grays, Stewart usually saw it as ***black and white***.

主流媒体记者经常把世界描绘成灰色，而斯图尔特通常会把它看成是***黑白分明的***。

☛ blue 蓝色的——blue-blooded 贵族的；纯种的

The appeal has always been global: a ***blue-blooded*** prepster surfing the Internet from his summer home in Hyannis Port can now take fresh styling tips from an online photo of a Japanese-Americana junkie captured on the streets of Tokyo.

吸引力一直具有全球性：一个***贵族***富家子弟夏季在海恩尼斯港口的家里上网，就可以从一个迷恋美国文化的日本人在东京街头拍摄并上传到网上的照片里，获取较新颖的造型小贴士。

☛ colorblind 色盲的→不分明的；没有搞清楚的

Conservative justices insist that the Constitution is ***colorblind*** in all circumstances, while liberal justices counter that it forbids only racial classifications designed to harm minorities, not to help them.

保守派法官坚持认为，在所有情况下，宪法是***色盲的***，***不分种族***，而自由派法官则反驳说，宪法只禁止那些有意伤害而不是有助于少数族裔的种族分类。

☛ gray 灰色的→不清楚的；不确定性的

I don't think that this is a black and white issue, but rather one of tremendous ***gray*** scale.

我认为这不是一个黑白分明的问题，而是有着巨大的***灰度***——***不确定性***。

☛ green 绿色的→环保的

However, ***green*** politicians and environmental campaign groups said the tax as a wasted opportunity and did not go far enough.

然而，提倡***环保的***政治家及环保运动组织表示，这项（碳排放）税纯属浪费机会，远远不能达到效果。

☛ green 绿色的——greenback 绿背（动物）→美钞

The ***greenback*** has fallen to its lowest level in almost a year against a basket of currencies.

在对抗一篮子货币的过程中，***美元***已跌至近一年来的最低点。

☛ rosy 玫瑰色的→美好的

Do sports mega events like the summer Olympic Games benefit the host city economically? It depends, but the prospects are less than ***rosy***.

像夏季奥运会这样的体育盛事有利于主办城市的经济吗？这要视情况而定，但前景并不那么***美好***。

6. 艺术表演

☛ art 艺术——state-of-the-art 最先进的

They compel law enforcement to deploy extraordinarily creative prosecutorial strategies—and obtain ***state-of-the-art*** tools—to carry out even the most basic steps of a criminal investigation.

他们迫使执法部门部署非常有创意的起诉策略——并获取***最先进的***工具——来执行刑事调查中甚至是最基本的步骤。

☛ backdrop 舞台背景→背景；环境

Check your motivation for traveling to a particular destination. Do you see it as an exotic ***backdrop*** or are you looking for a more immersive understanding of people and places visited?

想想你到某个特定目的地旅游的动机。是因为它有异国情调的***环境氛围***，还是想更加身临其境地了解旅游地的人文环境？

☛ chord 琴弦——strike a chord with 与……一起弹和弦→引起……的共鸣

The new fascination with surgery ***struck a chord with*** the public and the media.

外科手术的新魅力***引起***了公众和媒体***的共鸣***。

☛ choreograph 设计舞蹈动作→精心安排

Mealtimes were often beautifully ***choreographed*** chaos.

用餐时间通常是***精心安排的***混乱。

☛ concert 音乐会——in concert 齐声→一致

The greatest power in history is the power of individuals acting ***in concert*** according to their consciences.

历史上最伟大的力量就是个人根据自己的良心***一致***行动的力量。

☛ consort 合奏队；合唱队→ 配偶；伙伴

To be sure, Bill Clinton would be a unique ***consort***, and it would be a waste for Hillary Clinton not to take advantage of his experience and institutional memory.

可以肯定的是，比尔·克林顿会是一位独特的***配偶***。如果希拉里·克林顿没有利用他的经验和制度性记忆，那会是一种浪费。

☛ fanfare 喇叭或号角嘹亮的吹奏声→吹牛，炫耀

But do nominated artistic works always deserve such ***fanfare*** and attention?

但是，被提名的艺术作品总是值得如此***炫耀***和关注吗？

☛ gamut 全音阶——a gamut of 一系列的；各种各样的

No woman can be mom and dad to her children. Children who grow up without a father are more likely to suffer from ***a gamut of*** ills, from poverty to suicide.

没有一个女人既能为人母，又能为人父。没有父亲的环境下长大的孩子更有可能遭受***各种各样的***不幸，例如贫困和自杀。

☛ hit 打击（乐器）→（演出等的）成功

They have proven they can make serious box office ***hits*** to the tune of over half a billion dollars each.

他们已经证明他们可以制作***高上座率***电影，每部电影票房收入高达五亿美元以上。

☛ **medley 集成曲**→混合（器）

But schools today are using 10 to 20 educational apps a day in the classroom—a ***medley*** of learning software that makes it fun for kids to practice math, learn to read and even take tests.

但如今，学校教室每天都要使用十到二十个教育应用程序——这是一种学习软件的***混合器***，让孩子们乐于练习数学、学习阅读，甚至是参加考试。

☛ **orchestrate 把……编成管弦乐曲**→精心安排；把……协调地结合起来

It was a reminder that the playground experiences they would be helping to ***orchestrate*** for children were potentially those moments—so they needed to muster all the awareness they could.

这提醒了他们：即将要***精心安排***的操场游戏体验，对于孩子们而言，可能会成为回忆——所以必须尽可能地集中各种想法。

☛ **pace 节奏**→调整

Look, if you're in America, you have to ***pace*** yourself.

听着，在美国，你就必须***调整***自己。

☛ **picture 图片；图画**——take sth. out of the picture 使……出局；使……使不上劲

It would ***take*** Wall Street and Sallie Mae ***out of the picture*** altogether.

这将***使***华尔街和萨利美完全***出局***。

☛ **scene 场景**——behind-the-scenes 幕后的；私下的

Women represented 25 percent of similar ***behind-the-scenes*** positions in prime-time television.

黄金时段的电视节目中，女性占了类似***幕后工作***的 25%。

☛ **show 节目**——no show 没戏→爽约，放鸽子

From my perspective the price that comes with booking the table is simply to discourage a ***no show***.

从我的角度来看，订桌要付费仅仅是为了阻止***爽约***。

☛ **show 节目**——sideshow 穿插节目

I very quickly learned that cancer is not just the show; it's the ***sideshow***.

我很快就认识到癌症不仅仅是一场大秀，还是一档***穿插节目***。

☛ stage 舞台——take center stage 站上舞台→成为关键的问题

Overall, the closing of single-sex colleges like Sweet Briar may be more indicative of economic and demographic dynamics—stagnant high school graduation and college readiness, increasing college costs and the rise in online education—rather than a drop in importance and relevance for environments where "Who I am" and "Who I want to be" ***take center stage***.

总的来说，关闭像斯威特布莱尔学院这样的单一性别学校可能只是表明经济和人口动态——停滞不前的高中毕业率和大学预备制、日益增长的大学费用和在线教育的兴起——而不是重要性和相关性的下降，因为现状"我是谁"和"我想成为谁"已***成为重心***。

☛ star of the show 明星，大腕儿→重点；主要的人或事物

To put it bluntly, pre-1960, for the average person, meat was never the ***star of the show***.

坦率地说，1960 年之前，对于普通人来说，肉类从来都不是***主食***。

☛ trumpet 吹喇叭→吹嘘

Their company continues to ***trumpet*** its efforts to improve the quality of people's lives.

他们公司继续***吹嘘***其为改善人们生活质量而做出的努力。

☛ tune 曲调——to the tune of 共计；达……之多

The federal government also continues to subsidize the cost of electricity ***to the tune of*** billions of dollars a year.

联邦政府也在继续对用电成本进行每年***高达***数十亿美元的补贴。

7. 称谓与头衔

☛ cousin 堂（表）兄弟姐妹→同类；邻近的人（或物）

Yet silence, or at least its ***cousin***—a low, comfortable level of day-to-day sound—is vital to palliate, not only hearing damage, but the overall stress levels of our infotainment society.

然而，静音，或者至少***类似的情况***——日常声音中一个较低而舒适的水平——不仅对听力损害的缓解至关重要，而且对信息娱乐社会的整体压力水平的缓解也至关重要。

☛ duke 公爵——duke it out 一决雌雄

Presidential candidates had to ***duke it out*** with a half-dozen other hopefuls.

总统候选人不得不与其他六名很有希望的候选人***一决雌雄***。

☛ host 主人——a host of 许多

In addition to making specific allegations against Hearst, her lawsuit faults unpaid internships in general for ***a*** whole ***host of*** evils, including declining opportunities for.

除了对赫斯特进行具体的指控外，她的诉讼整体上还控诉了无薪实习的***一大堆***罪恶，其中包括无薪实习的机会越来越少。

☛ menial 仆人的→卑微的

No one tends to do some low-paid ***menial*** jobs, like room cleaning and other domestic work.

没有人愿意做一些低薪的***卑微***工作，如打扫房间和其他家务劳动。

☛ sibling 兄弟姐妹；同胞→类似的事物

As many classmates and I have discovered, an essay is achievable with much caffeine and an all-nighter, but its older ***sibling***, the longer research paper, requires more time understanding sources, forming an original question and proving a thesis.

如同很多同学和我所发现的那样，只要多喝些咖啡、熬熬夜，就可以写出一篇文章来，但其***类似的论文***，即较长的研究论文，需要更多的时间理解源头资料、形成独创性的观点，并证明论题。

☛ sophomoric（大学或四年制中学）二年级学生的→一知半解的；幼稚的

It's ***sophomoric*** to think there is any way out of this without a lot of pain.

如果认为不用承受深深的痛苦便可摆脱这一切，那么，这种想法是***幼稚的***。

8. 文　学

☛ Achilles 阿基里斯——Achilles' heel 阿基里斯的脚跟→致命的弱点；薄弱环节

We find ourselves facing the horror of what has always been the ***Achilles' heel*** of the left wing: its abysmal ignorance of economic science.

我们发现自己正面临着一种恐怖的境况，即左翼经济学家的***致命弱点***：对经济科学完全无知。

☛ Adam 亚当——as old as Adam 像亚当一样老→极古老的，久为人知的

That joke you told me is ***as old as Adam***, but I still think it's very funny.

你给我讲的那个笑话***已经老掉牙了***，不过我还是觉得挺有趣。

☛ **Adam 亚当**——not know sb. from Adam 不知某人模样如何，与某人素不相识

Mrs. Smith is a friend of mine, but I ***don't know*** her husband ***from Adam***.

史密斯太太是我的朋友，但我***完全不认识***她丈夫。

☛ **advent 基督降临**→出现；到来

It's certainly true that the nature of research changed with the ***advent*** of search engines that can do the looking and sorting and even some version of thinking—all things that students were once supposed to learn how to do for themselves.

毫无疑问，研究的性质随着搜索引擎的***出现***发生了变化。搜索引擎可以进行查找和分类，甚至一定的思考。所有的这些，过去学生都应该学会自己做。

☛ **alchemy 点金术**→魔力

My theory is that men find women so vexingly complex, different and fascinating that trying to unpack what ***alchemy*** makes for a healthy relationship is nearly impossible.

我的观点是，男人觉得女人十分复杂，使人苦恼，与众不同又风情万种，他们试图解开“什么***魔力***可以构建健康关系”的谜团，但几乎没有成功过。

☛ **anathema 诅咒，咒逐**→缺点，劣势

And that's ***anathema*** for Toyota, which has been driven by arrogance, hubris and an obsession to become the world's largest automaker.

对丰田公司来说，这是一种***劣势***。丰田公司一直很傲慢、自大，并且痴迷于成为全球最大的汽车制造商。

☛ **Atlas 阿特拉斯神（大力神）**→地图册；（互联网）图集导览器

It hopes to publish a global foodborne disease burden report and ***atlas*** in 2011–2012.

希望发布一份 2011～2012 年全球食源性疾病负担报告和***地图集***。

☛ ***Avatar*** **《阿凡达》**→（某种思想或品质的）化身

In many cases, though, Facebook is just the technological ***avatar*** of the medium, rather than being a cause of any change in privacy itself.

不过，许多情况下，脸书只是媒介的技术***化身***，而不是隐私本身发生任何变化的原因。

☛ Ayn Randian（小说家）安·兰德式的→精致利己主义的

He dresses like a hipster, but he's an ***Ayn Randian*** capitalist through-and-through.

他穿得很潮，但他是一个彻头彻尾的***安·兰德式的精致利己主义***资本家。

☛ blessing 祝福→优点，长处

Each model, with all its ***blessings*** and curses, seems inexorably linked with a life stage, as if there is one best way to be at any given point in time.

每种生活方式，都有其***优点***与缺点，也不可避免地与人生的发展阶段息息相关，犹如在不同的时间点都有一种最好的生活方式。

☛ bogeyman 妖怪→可怕的人或物

That means not only can we still afford retirement, we can afford even more of it if that's what we want. That's good news. Yet somehow, longer lives have become an economic ***bogeyman***.

这意味着我们不仅可以退休得起，而且如果想要的话，我们还可以负担得起更多。这是个好消息。但不知何故，更长的寿命已成为一种经济***梦魇***。

☛ *Catch-22*《第二十二条军规》（美国作家 J. Heller 1961 发表的小说）→困境；互相抵触之规律或条件所造成的无法脱身的困窘

What is in short supply is work experience specific to the immediate job, and no one wants to give anyone that experience, a ***Catch-22***.

短缺的是工作经验，具体到能立马工作的经验，但没有人愿意给任何人这样的经验，这真是个***困境***。

☛ Cesarean 凯撒的（Cesar 是罗马共和国末期杰出的军事统帅、政治家）→剖腹产的

My friend had a difficult delivery. But it's not so much of a problem for us in 21st-century North America, because most women have fairly ready access to ***cesarean*** section.

我朋友难产了。但是，在 21 世纪，对于北美的女性来说，难产并不是什么大问题，因为大多数女性都会准备好做***剖腹产***手术。

☛ clickbait 标题诱饵，点击诱饵→标题党；钓鱼新闻

Though important news can also be popular, all of the major publications are guilty of publishing dumbed down "***clickbait***" to attract wider audiences.

虽然重要的新闻也会受欢迎，但所有的主要出版物都犯了个发行方面的错误：为了吸引更广泛的读者而简化为"***点击诱饵——标题党***"。

☛ curse 诅咒→坏处；祸害

These days, the oil price has been going up. Some call it a ***curse***, but those awash in oil must feel blessed at the moment.

这段日子以来，油价一直在上涨。有人把油价上涨看作一场***灾祸***，而那些经营石油的人此刻一定会眉开眼笑。

☛ David 大卫——David and Jonathan 大卫和乔纳森（基督教《圣经》中，乔纳森系大卫之友）→莫逆之交，生死与共的朋友，管鲍之交

Even though they came from very different ethnic backgrounds, they are like ***David and Jonathan***.

尽管有着不同的种族背景，他们却成了***莫逆之交***。

☛ devil 魔鬼——between the devil and the deep sea 进退两难，左右为难；处于困境

Physicians who under-treat a patient's pain have also been sued for medical malpractice or have been subject to disciplinary action by state medical boards—putting many doctors ***between the devil and the deep sea*** when it comes to working with their patients.

医生对病人疼痛治疗不到位也会被起诉为医疗事故，或者受到国家医疗委员会的纪律处分——这使得许多医生在给病人看病时***左右为难***。

☛ East of Eden 伊甸园东边→充满荆棘蒺藜的地方；不理想的地方（虽然辛劳工作，但到头来仍被生活所困，得不到喜乐、满足的地方）

Why wouldn't you want to work to 67 in Europe? To an American it still seems like paradise. Even the Germans who are so famous for "cutting back" are hardly ***East of Eden***.

你为什么不想在欧洲工作到六十七岁？对于一个美国人来说，它（即工作到六十七岁）仍然像是在天堂。即使对于因"削减工作日"而闻名的德国人来说，它也几乎不是***不理想的事***。

☛ elf（民间传说中栖息在林间和小山的）小妖精，小精灵→（尤指）调皮捣蛋的小孩；能干的人

Maybe I have read too many *Harry Potter* books, but I know that I wish that we had a magical chore-completing household ***elf***.

也许《哈利·波特》我看太多了，但我知道我希望有一只能干家庭杂活的神奇***小精灵***。

☛ esoteric（在门徒、信徒内）秘传的→（思想、教义、文学等）限于小圈子的；难懂的

America's universities became the best in the world because teachers and students were free to pursue ideas that might have seemed odd or ***esoteric*** but turned out to be the foundations of new fields.

美国大学成为了世界上最好的大学，因为老师和学生可以自由地去追求那些看似奇怪或***深奥的***想法，而这些想法最终被证明是新领域的基础。

☛ *Fifty Shades of Grey*（畅销小说）《五十度灰》——fifty shades 五十度灰→重口味性虐爱情故事

In relation to reading, I have absolutely no guilty pleasures at all. No graphic novels. No murder mysteries. No "milky-white thigh" stories. No ***fifty shades*** of anything.

阅读方面，我完全没有任何带罪恶感的快乐。没有插图的小说。没有谋杀之谜。没有"雪白大腿"的故事。没有***《五十度灰》之类重口味***的任何内容。

☛ godsend 上帝所赐→天赐之物；意外获得的幸运

For many such organizations, the Internet, with its ability to reach and involve millions of people, is a ***godsend***. Obama's electoral juggernaut is a good example of how a rigid and highly centralized campaign managed to leverage the highly decentralized nature of the Internet to its great advantage.

对于许多这样的组织来说，能够为数百万人所用，互联网真是***天赐之物***。奥巴马的竞选活动是一个很好的例子，说明了一场严格而高度集中的竞选活动是如何利用互联网的高度分散特性，使其具有巨大的优势。

☛ Goldilocks effect 金发女孩效应（出自童话《金发女孩和三只熊》）→（形容不偏向某个极端）刚刚好的状态

What she meant is that when you move friendship online you get the benefits of a "***Goldilocks effect***": You can have your friendships at the temperature you want them—not too close, not too distant, just right.

她的意思是，网上交友，你会体会到"***折中***"的好处：可以在你想要的程度上拥有友谊——不要太亲近，也不要太生疏，恰到好处。

☛ Goliath 哥利亚（圣经中被大卫杀死的巨人）——Goliath-sized 巨大的

While we may be a David when it comes to the ***Goliath-sized*** problems facing medicine, we

are still large enough to implement record systems and buy vaccines, for instance, even more economically than physicians who have accepted hospital-subsidized offerings.

虽然医药方面要面对的问题犹如***哥利亚般巨大***，而我们可能只是一个大卫，但是我们仍然足够强大来实施病历管理制度，以及比方说购买疫苗。比起享受医院补贴的医生来说，我们购买的疫苗更经济实惠。

☛ **Gordian 戈尔迪的**——Gordian knot 戈尔迪之结（希腊神话中佛里吉亚国王戈尔迪所打的复杂的结）→难解的结；难题，棘手问题

Federal agencies have personnel qualified to manage for these goals, but they are tied in a "***Gordian knot***", to use the words of a former Forest Service chief.

用林业局前主任的话来说，就是联邦机构有人员够格管理这些目标，但他们被缠绕在一个"***戈尔迪之结***"里，***问题非常棘手***。

☛ ***Harold and Maude*** **《哈洛与慕德》（美国 1971 年拍摄的一部喜剧电影）**→惊世骇俗的人

A May/December romance between an octogenarian and a young teenager is a little too "***Harold and Maude***" for most personal tastes and legal allowances.

一个年过八旬的老人和一个十几岁的人之间的忘年恋，对于大部分的个人品位和法律许可而言，有点太"***哈洛和慕德***"了，有点太***惊世骇俗***了。

☛ **Herculean 赫拉克勒斯的（赫拉克勒斯是希腊神话的大力神）**→艰巨的

Even verifying new health care exchange coverage has become a ***Herculean*** task.

甚至是核实新的医保保险范围，都已成为一项***艰巨的***任务。

☛ ***Hobson's Choice*** **《霍布森的选择》（英国 1954 年的一部电影）**→无选择余地

Of course, if one's only choice is between low-paid, unstable work and no work, then obviously one must opt for the former. But let's be clear: This is a ***Hobson's choice***.

当然，如果你只能在低薪的、不稳定的工作和没有工作之间选择，那么，显然你必须选择前者。但要明确一点：这是一个***霍布森的选择——无选择余地***。

☛ **holy grail 圣杯（耶稣基督在最后的晚餐上饮葡萄酒的用具）**→无处寻觅的稀世珍宝；努力想得到却永远无法得到的东西

Employee's happiness is not written on Amazon's flag nor is stable employment the Amazon ***holy grail***. Customer centrism is.

员工的幸福不是写在亚马逊的旗帜上，稳定的就业也不是亚马逊***努力追寻的圣杯***。

客户中心论才是。

☛ **Icarian 伊卡洛斯（希腊克里特岛建筑师 Daedalus 的儿子）的**→鲁莽的；胆大妄为的

You must calm down. Otherwise your ***Icarian*** impulse will lead you to great trouble.

你必须冷静下来。否则，你这种***鲁莽***冲动将会给你带来很大的麻烦。

☛ **Janus 杰那斯（罗马神话中看守门户的两面神）**——Janus-faced 有双面孔的；伪善的

Marriage laws in the United States are ***Janus-faced***.

美国的婚姻法***犹如杰那斯神那样具有双面性***。

☛ **Juggernaut/Jagannath（印度教主神 Krishna 神像）世界的主宰**→骇人的毁灭力量；不可抗拒的可怕力量

Be forewarned, though, privatization is encountering little resistance. Police have begun to internalize a private-sector ethos, embracing close relationships with for-profit industries and generating "profit" through civil asset forfeiture. The police recruiting function could easily get crushed under this ***juggernaut***.

但事先说明，私有化几乎没有遇到什么阻力。警方已经开始将私营部门的风气内化，与以营利为目的的行业建立密切的关系，通过没收民事财产来产生"利润"。在这种***不可抗力***下，警方的招募职能容易陷入两难的境地。

☛ ***La-La Land*** **《爱乐之城》（电影名）**→幻想中的世外桃源

Whether or not she is in the industry, the average woman of a certain age knows full well that things are just not right in ***La-La Land***.

不管她是否在这个行业，有一定年龄的普通女性都很清楚，***幻想中的世外桃源***总有些不对劲的地方。

☛ **limbo 地狱边境（是供耶稣降生之前去世的正直的人和未受洗礼的儿童死后栖身的地方）**→监狱；拘禁

Most of the men at the prison have been kept in legal ***limbo*** for more than 11 years.

监狱里的大多数人都被***关押***了十一年多。

☛ **lion's share 狮子的份额（出自《伊索寓言》，通常狮子是百兽之王，它的份额是最大的）**→最大的份额

The states are broke, and they can't continue to pay for the ***lion's share*** of funding for higher education.

州政府破产了，不能继续为高等教育提供**大部分的**资金。

☛ little Dutch boy 荷兰小男孩→勇敢而有毅力的小男孩

Banning the sale of these super-sized sugar cocktails is akin to the story of the ***little Dutch boy*** who tries to stop a leak in the dam by sticking his finger in it.

禁止出售这些超大瓶的含糖鸡尾酒，类似于一个***勇敢而且有毅力的荷兰小男孩***试图用手指堵住大坝的漏洞。

☛ mantra 咒语→准则

Here's a suggested ***mantra*** for legislators and school boards: for every education dollar spent on the virtual, another dollar must be spent on the real, especially on the creation of natural learning environments.

这是给立法者和学校董事会的***准则***：虚拟教育每花一分钱，实地教育也得花一分钱，特别是要花在对自然学习环境的创造方面。

☛ paean（希腊对太阳神的）赞歌，颂歌→赞美，称赞

I read these posts and I wonder what level of insecurity or need for validation leads to such nauseatingly rose-colored ***paeans***.

我看过这些帖子，很好奇是什么程度的不安全感或需要什么样的校验才能产生这种令人作呕的***美誉之词***。

☛ Panacea 帕那刻亚（希腊医药女神）→万全之策；灵丹妙药

Encouraging couples with these risk factors to marry is no ***panacea***, since a conflict-ridden relationship or a disruptive divorce can be worse for kids than a stable single-parent home.

鼓励有这些危险因素的两人结婚并不是***万全之策***，因为一段充满冲突的关系或破坏性的离婚对孩子来说比一个稳定的单亲家庭更糟糕。

☛ Pandora's Box 潘多拉之盒（潘多拉是希腊神话中火神赫淮斯托斯用黏土做成的、地上的第一个女人，作为对普罗米修斯造人和盗火的惩罚送给人类的第一个女人）→灾祸之源

The practical problem is that if Apple creates this new unlocking technology, its deployment would be like opening ***Pandora's Box***.

实际的问题是，如果苹果公司开发出这种新的解锁技术，其部署计划就如同打开了***潘多拉之盒，纷争不断***。

☛ Peter 彼得（耶稣的大弟子）——peter out 逐渐减少；渐渐消失

The friendship may eventually ***peter out***—absence doesn't always make the heart grow fonder—but the friends don't feel any anxiety about exchanging messages through their phones or laptops.

友谊最终可能会***消失***——离别并不总能使心靠得更近——但朋友不用担心通过手机或笔记本电脑来交流信息。

☛ pixie（童话中长着尖耳、头戴尖顶帽的）小精灵；小仙子——pixie dust 精灵粉；魔法粉→特异的功能

I can't begin to tell you how special that made us feel, or what a memorable evening it was, like we had been sprinkled with ***pixie dust***. There's nothing quite so sweet as being treated like a somebody when you're a nobody. To me, that's what hospitality is all about.

不可名状，这让我们感觉多么特别，或者这是一个多么难忘的夜晚，就像我们被撒上了***魔法粉***。还是无名小卒时，没有什么比被当成大人物来对待更令人喜滋滋了。对我来说，这就是待客之道。

☛ Quixotic（源自塞万提斯的《唐·吉诃德》）唐·吉诃德式的→空想的，不切实际的

Over the past decade, copyright holders have successfully shut down scores of Web sites and file-sharing services in a ***quixotic*** effort to halt the illicit circulation of movies, music and software online.

过去十年里，版权所有者成功地关闭了大量的网站和文件共享服务，以***不切实际的***方式阻止电影、音乐和软件在网上的非法流通。

☛ Scarecrow 稻草人（出自童话《绿野仙踪》）→缺乏头脑的人；缺乏自信的人

The low level of political discourse in the country today, in an era when more Americans than ever before have finished high school and college, should be enough of a reminder that just giving out diplomas, the way the Wizard of Oz did to the ***Scarecrow***, is not good enough.

比起以往，如今这个时代有更多美国人完成高中和大学学业，但在这个国家里，政治话语的程度却如此之低，这应该足以说明仅仅是颁发毕业证书还不够，就像《绿野仙踪》男巫奥兹帮***缺乏头脑的稻草人***做的一样，是不够好的。

☛ *Scarlet Letter*（霍桑的）《红字》→罪证

Decreasing the blood alcohol concentration limit to 0.05 percent is tantamount to charging—

and placing a ***scarlet letter*** upon—numerous drivers for a crime with no evidence of actual impairment.

将血液酒精浓度标准降低到 0.05% 就相当于——往无数司机的身上贴上***红字***（***扣上罪名***）——指控他们，但又没有任何实际损害的证据。

☛ (between) Scylla and Charybdis 斯库拉与卡律布狄斯之间（斯库拉是希腊神话中吞食船员的女海妖，而卡律布狄斯是希腊神话中该亚与波塞冬的女儿）→腹背受敌；进退两难的境地

Over time, we can work out an approach that avoids the ***Scylla*** of sex panic ***and*** the ***Charybdis*** of rampant child exploitation.

随着时间的推移，我们可以制定出一种方法来避免“性恐慌”的***斯库拉和***“猖狂的儿童剥削”的***卡律布狄斯***（即***进退两难的境地***）。

☛ Siren 塞壬（古希神半人半鸟的女海妖）→迷人的女人；妖妇

She played the ***siren*** in many early movies.

她在早期电影中扮演***妖冶的女人***。

☛ Siren song 塞壬之歌；女海妖的歌声→有诱惑力但不能听信的理论或事物；致命的诱惑

But for students who came of age in the Great Recession the ***siren song*** of science can be tough to resist.

但对于在经济大衰退时期长大成年的学生来说，很难抵制理科的***诱惑***。

☛ Sisyphean 像西绪福斯一样的（西绪福斯是希腊神话中科林斯国的暴君，死后入地狱，被罚做永不休止的推巨石苦工）→徒劳无益的；永不休止的

The drone program is by nature a ***Sisyphean*** struggle, no matter how many terrorists are eliminated.

不管有多少恐怖分子被消灭，无人机计划本质上都是一场***西绪福斯式的徒劳***斗争。

☛ Sodom and Gomorrah 索多玛和蛾摩拉（《圣经 · 旧约》中两座道德沦丧的城市）→罪恶之地；叛逆之地

We are living in a sartorial ***Sodom and Gomorrah***. Freak flags fly. Hoodies abound. Anything goes!

我们生活在服装界的***索多玛和蛾摩拉***，即***服装的叛逆之地***。奇异的国旗到处飘扬。连帽衫比比皆是。怎么都行！

☛ soundbite（新闻节目中对政治人物讲话的）简短引述→插播

There is a tendency in most mainstream American news media to adopt a superficial "***soundbite*** culture" that neglects the context of critical events and focuses on filling the 24-hour news hole, particularly during presidential campaigns.

大多数美国主流新闻媒体都倾向于采用一种肤浅的"***插播***文化"，忽略关键事件的背景，而集中精力填补二十四小时的新闻版面，尤其是在总统竞选期间。

☛ Sputnik moment 斯普特尼克时刻（1957 年，苏联成功发射人类首枚人造卫星的时刻）→国家间竞争的焦虑感和危机感

Do such scores merit the warning that came out of one Washington think tank that we are in a "***Sputnik moment***"? Hardly.

这样的成绩是否值得我们注意华盛顿的一个智囊团提出的警告：我们正处于"***斯普特尼克时刻***"，***满是焦虑感和危机感***？几乎不值得。

☛ Stakhanovite 斯达汉诺夫（苏联顿巴斯"中央伊尔敏诺"矿井的一名普通采煤工）→创新、创造纪录的工作者

Even if Americans are ***Stakhanovites*** by German standards, is this just an issue of drones vs. butterflies?

即使以德国人的标准来衡量，美国人算是***斯达汉诺夫式的创新工作者***，但这问题仅仅涉及懒虫，抑或追求享乐的人吗？

☛ Stalin 斯大林（苏联领导人）→铁腕人物；钢铁般的性格

Far from being lax, our girls turn out to be little ***Stalins***.

女孩子非但不松懈，反而成了小***斯大林***，***性格刚毅***。

☛ *Strunk and White*《斯特伦克和怀特》（美国作者威廉·特伦克所写的《风格的要素》的俗称）→写作规则

However, beyond those jobs that are largely about communication—taking dictation, writing technical directions and blog entries, teaching school, etc.—requirements that viable candidates write with ***Strunk and White*** on their minds are highly questionable.

然而，除了主要涉及沟通的工作——做口述笔录、编写技术要求和撰写博客、教学工作等——还要求能干的应聘者创作时要遵循"***斯特伦克和怀特***"***式的写作规则***，这是非常值得怀疑的。

☛ Svengali 斯文加利（英国小说家乔治·杜·莫利耶小说《爵士帽》中通过催眠术控制女主人公的邪恶音乐家）→具有极大吸引力和影响力的人物

Though few people want to credit her with being more than a blank canvas, Delrey is her own ***svengali***.

虽然很少有人愿意相信她不仅仅是一块空白的画布，但德蕾是她自己的***斯文加利，控制自己的思想***。

☛ *The Elephant in the Room*《屋中象》（书名）→显而易见而又被忽略的事实

The elephant in the room in this debate is not whether women should be allowed into direct combat roles; it is the acknowledgment that for years and years, we have demanded less of women in the military.

这场辩论里***显而易见却又往往被忽略的事实***，不是女性是否应该被允许担任直接的战斗角色，而是承认多年来我们对军中女性的要求越来越低。

☛ Trojan horse（希腊神话）特洛伊木马；木马计→用于掩盖真实目的或意图的人或事

The three biggest companies—Philip Morris, R. J. Reynolds and Lorillard, now each with their own e-cigarette brand—recently collaborated to promote ***Trojan horse*** legislation in Oklahoma, where there has been a sharp increase in e-cigarette use.

三家最大的公司——菲利普·莫里斯、R. J. 雷诺兹和罗瑞拉德，现在各自都有自己的电子烟品牌——最近联手俄克拉何马州推广***特洛伊木马般的***立法，因为该州吸食电子烟的人数大幅上升。

☛ verse 作诗——well-versed 精通的；熟知的

Any leader of a university, regardless of their professional background, should be ***well-versed*** in the educational best practices that respect and uphold the relationship between teachers, students and the content.

任何一所大学的领导，无论其专业背景如何，都应该***精通***最佳教育实践，尊重和维护教师、学生和教学之间的关系。

☛ vestal（女灶神）维斯太的→贞洁的；处女的

But many times, the law backfires. Distinguishing between sexual maturity and ***vestal*** youth should be measured by more than birthdays.

但很多时候，法律却事与愿违。不应该仅用出生日期来衡量，以区分性成熟期和***纯***

洁青春期。

☛ Walter Mitty 沃尔特·米堤（电影 ***The Secret Life of Walter Mitty***《白日梦想家》里的主人公）→具有英雄式幻想的人；有幻想症的人

Professor Williams is a ***Walter Mitty*** about becoming the president of the United States.

威廉姆斯教授就像***沃尔特·米堤，爱做白日梦***，整天幻想成为美国总统。

9. 谚语格言

☛ **A human being is not attaining his full heights until he is educated.**

一个人在接受教育之前无法达到人生的最高度。

As the education reformer Horace Mann once said, "***A human being is not attaining his full heights until he is educated***."

正如教育改革家贺拉斯·曼曾经说过的那样，"***一个人在接受教育之前无法达到人生的最高度***。"

☛ **A rolling stone gathers no moss.**

滚石不生苔；转行不积财。

A *Rolling Stone* ***gathers no facts***, just dirt.

《滚石》杂志***报道的都不是事实***，而只是些垃圾信息。

☛ **A stitch in time saves nine.**

小洞不补，大洞吃苦。

Freedom of speech is ***a critical stitch*** in the fabric of democracy.

言论自由是民主制度的***关键一举***。

☛ **All work and no play makes Jack a dull boy.**

只会学习，不会玩，再聪明的小孩也会变傻。

No work, ***all play***, no job.

不学习，***整天玩***，就会没工作。

☛ **He who pays the piper calls the tune.**

有钱的就是大爷。

For now, as long as foreign aid is all there, we are going to have to be humble. ***It is he who***

pays the piper who calls the tune. That is why women fought for the right to work.

就目前而言，只要外国援助到位，我们就必须保持谦逊。***谁出钱，谁说了算***。这就是为什么女性争取工作的权利。

☛ **I think therefore I am.**

我思故我在。

They truly believe the slogan, "***I shop therefore I am***", an expression immortalized by the artist Barbara Kruger.

他们真正相信"***我购物故我在***"。艺术家芭芭拉·克鲁格使这口号成为永恒。

☛ **let the sleeping dogs lie** 不要自找麻烦；别惹是生非

I'm not sure if our disagreement here reflects your more healthy family history, or a gendered difference in our willingness to approach both external and internal conflict, but either way, if I have any control over it, I'll ***let the sleeping sea monsters lie***.

我不确定我们在这方面的分歧是否反映了你更健康的家族史，或者是我们想处理内外部冲突时在性别上的差异，但不管怎样，如果我能控制得了，我会***让沉睡的海怪就躺在那儿，不自找麻烦***。

☛ **look for a needle in a haystack** 草垛里找针；大海捞针

No system can perform efficiently when one is ***looking for a needle in a haystack*** by checking each straw individually.

当一个人通过检查每根稻草来***在草垛中寻找一根针***时，没有一个系统可以有效地运行。

☛ **lose sight of the forest for the trees** 为了几棵树而放弃整片森林

We cannot ***lose sight of the forest for the trees***, when it comes to discussing what's best for our students, and how America's education system needs to change.

在讨论什么对学生最好以及美国的教育体制须要如何改变时，我们不能***为了几棵树而放弃整片森林***，而要放眼大局。

☛ **Necessity is the mother of invention.**

需要是发明之母。

The economist Thorstein Veblen once quipped that "***invention is the mother of necessity***."

经济学家托斯丹·范伯伦曾打趣说："***发明是需要之母***。"

☛ **old wine in new bottles 新瓶装旧酒；换汤不换药**

So now the National Labor Relations Board seeks to regulate the same behavior on Facebook as it has monitored offline behavior for decades. That's just ***old legal wine in new technological bottles***.

因此，现在美国国家劳工关系委员会试图在脸书上规范同样的行为，因为它已经监控线下行为几十年了。那只是***技术新瓶装法律旧酒***罢了。

☛ **Reading maketh a full man, conference a ready man, and writing an exact man.**

读书使人充实，讨论使人机智，作文使人准确。

Sir Francis Bacon wrote in 1625 that "***reading maketh a full man***, ***conference a ready man***, ***and writing an exact man***."

1625 年，弗朗西斯·培根爵士写道，"***读书使人充实***，***讨论使人机智***，***作文使人准确***。"

☛ **stick one's fingers in one's ears 掩耳盗铃**

Students who won't hear other perspectives are essentially ***sticking their fingers in their ears*** and pretending the issue is not open to discussion.

那些不愿聆听其他观点的学生，实际上是在***掩耳盗铃***，假装这个问题不能讨论。

☛ **The Bible says, "As iron sharpens iron, so people can improve each other."**

《圣经》说："铁磨铁，磨得锋利；朋友互相切磋，才智也变得敏锐。"

As ***iron sharpens iron***, so one person sharpens another.

铁磨铁，***磨得锋利***；朋友互相切磋，才智也变得敏锐。

☛ **The early bird gets/catches the worm.**

早起的鸟儿有虫吃；捷足先登。

Dutch immigration studies show that ***the early bird indeed does get the worm***. Once the quality threshold is established, an early start and longer days tend to generate better results.

荷兰移民研究表明，***早起的鸟儿确实有虫吃***。一旦建立了质量阈值，早点开始和更长的时间就会产生更好的结果。

☛ **The glass half full or half empty?**

杯子是半满，还是半空呢？（看问题角度不同，看到的风景便不同）

The Supreme Court ruling on marriage is a truly momentous event. But marriage equality has been accomplished at a time when the institution of marriage has become less relevant in the

US. Does that make ***the glass half full or half empty***?

最高法院关于婚姻的裁决真是重大事件。但是，婚姻平等是婚姻制度在美国变得不那么重要的时候实现的。这样一来，***杯子是半满，还是已经空了一半***？

☛ **The tail wags the dog.**

尾巴摇狗；本末倒置。

Strategic planning, fund-raising, and enrollment management should all be in service to a university's mission to its students. Reverse that relationship and ***the tail wags the dog***, undermining learning.

战略规划、筹款和招生管理都应该服务于大学对学生的使命。扭转这种关系，就是***本末倒置***，会破坏学习。

☛ **throw out the baby with the bathwater** 良莠一起抛；全盘否定

In a rapidly urbanizing planet that needs the world's scarce design talents, one must be careful not to ***throw out the progressive global baby with the homogenizing "McWorld" bathwater***.

一个快速城市化的星球，急需世界上稀缺的设计人才，不要***把日趋均质化的"麦当劳世界"这样的洗澡水连同进步的全球婴儿一起倒掉***，即不要***良莠不分***。

☛ **To be or not to be?**

生存，还是死亡？

To nap or not to nap?

打盹，还是不打盹？

☛ **Trim fat or cut bone?**

剔除脂肪，还是切骨？（取舍问题）

None of those positions may be eliminated. Who, then, may an administrator cut? ***Cutting fat must eventually yield to cutting bone***.

这些岗位都不可能被消除。那么，管理者会裁掉谁呢？***减少脂肪最终会产生切骨的效果***。

☛ **Two heads are better than one.**

三个臭皮匠赛过诸葛亮；人多智广。

Throughout human history, when groups have come together, they have imitated each other. Typically, this is seen as progressive, in a "***two heads are better than one***" sense.

纵观人类历史，群体聚集，互相模仿。通常情况下，这被看作是进步的，就像“***三个臭皮匠胜过一个诸葛亮***”。

☛ **Two wrongs don’t make a right.**

以牙还牙行不通；不能因别人错了，自己也就可以犯错；不要因为别人错了，自己就是对的。

Two moral wrongs don’t make a right.

道德上，不能因别人错了，自己也就可以犯错。

附录：介词词组

☛ **at the height of 在……顶点**→在……的顶峰或鼎盛时期

This was ***at the height of*** Napster and various other free file-sharing websites.

时值纳普斯特软件和其他各种免费的文件共享网站***的鼎盛时期***。

☛ **at the top of 在……的顶部**→处于……最核心的位置

This is the wrong time for young people to be in slow motion. In today's competitive environment, you need to be ***at the top of*** your game.

对于年轻人来说，想要慢慢来，这时机不对。在当今竞争激烈的环境中，必须要***处于最核心的位置***。

☛ **at the wheel 在方向盘上**→开车时

So we hold ourselves to high standards and can be brutal in our condemnation of moms who fall asleep ***at the wheel***.

因此，我们坚持高标准，但对***开车时***睡着的妈妈进行谴责，这略显残忍。

☛ **behind sb. 在某人的后面**→在背后支持某人

When we have a real debate about what steps we can take to make mass shootings less likely and less deadly, it's those kinds of specific measures we'll be discussing, not abstract "gun control", and advocates of gun safety will have the public ***behind them***.

真正讨论可以采取哪些措施来减少大规模枪击事件以及减少伤亡的时候，讨论的是那些具体措施，而不是抽象的"枪支管制"，枪支安全的倡议者将会有民众***在背后支持他们***。

☛ **in a bubble 在泡沫中**→在虚幻中

It shows an utter lack of consideration for others; it's as if these parents live ***in a bubble***, unaware of anyone around them.

表现出对他人完全缺乏考虑；就好像这些父母生活***在虚幻中***，没有意识到身边的人。

☛ **in a fishbowl 在一个鱼缸里**→暴露在众目睽睽之下

Anonymity is an issue where it is hard to take one side or the other. The choice need not be to allow unchecked irresponsibility or to live ***in a fishbowl***. We need to find an appropriate balance.

匿名是个问题，因为很难选择哪一方。不是放任不管的不负责任，也不是***放在一个鱼缸里***（即***暴露在众目睽睽之下***），而是找到一个合适的平衡点。

☛ **in a shambles 在屠宰场**→一片混乱；一团糟

With our economy still ***in a shambles***, young Americans are faced with a difficult choice.

经济仍然***一团糟***的情况下，年轻的美国人面临着艰难的选择。

☛ **in the absence of 缺少……时**→没有

The most innovative street style tends to be created ***in the absence of*** wealth, rarely from wearing fashion labels bought off racks.

最具创新性的街头时尚往往是在***缺乏***财富的情况下创造的，很少是源于那些摆放在架子上的时装品牌。

☛ **in the pockets of 在……的口袋里**→由……所控制

Small wonder the public thinks government is ***in the pockets of*** the powerful.

难怪公众认为政府***由***那些有钱有势的人***所控制***。

☛ **in the ring 在竞技场**→在竞选辩论中

That's why it's fair to ask, from a strategic standpoint, which candidate would be best ***in the ring***.

从策略的角度来讲，这就是为什么这样的询问是公平的：哪个候选人***在竞选辩论中***表现最好。

☛ **on board 在船（火车、飞机）上**→成为其中一员

Moreover, older faculty may now be postponing their retirement—a move that some say will make it more difficult for a new diverse faculty to come ***on board***.

此外，年长的教师可能会推迟退休计划——一些人认为，这一举措将使形形色色的新教员更难***加入进来***。

☛ **on pins and needles 在针上**→如坐针毡，焦躁不安

I am ***on pins and needles*** when I'm out with my kids.

和孩子们出门时，我会***如坐针毡***。

☛ **on the back burner 搁在靠后的炉子上**→搁置着；处于次要地位

For the sake of putting our children first, many of us end up placing our paramount relationships ***on the back burner***.

为了把孩子放在首位，我们中的许多人最终会把最重要的关系***置于次要地位***。

☛ **on the docket 在记事表上；在诉讼时间表上**→在审理中；在考虑中

I, too, do my share of parenting (piano, soccer and, dare I say it, discipline are all ***on the docket***) but I had to get my wife out of an overseas meeting not long ago so she could walk me through setting up a play date on a snow day.

我也一样，尽了父母应尽的责任（弹钢琴、踢足球，还有，我敢说，纪律管束都是***要考虑的***），但不久之前我必须阻止我妻子参加海外的会议，这样她就能陪我一起在一个下雪天休息一下。

☛ **on the same magnitude 同一量级上**→同等重要

Behavior issues—children kicking the seat in front of them, say, and other annoyances are not ***on the same magnitude***: they are etiquette problems, to be dealt with, but not matters for the FAA.

行为问题——比如说，孩子们在他们面前踢桌椅——以及其他令人讨厌的事，并不都是***同等重要的***：是礼节上的问题，须要处理，但对于（美国）联邦航空局来说不重要。

☛ **on the table 摆在桌面上的**→公开的；被提交讨论的

Depending on the severity of the harassment, the option of sending convicted perpetrators to a street harassment workshop or sentencing them to community service rather than to jail should be ***on the table***.

根据骚扰的严重程度，将被定罪的作恶者送到社区骚扰讲习班学习，或是让他们做社区服务，而不是送进监狱，这应该是***公开的***。

☛ **on the verge of 在……边缘上**→即将

As a result, I believe we are ***on the verge of*** entering what I will call the fourth era of retirement.

因此，我相信我们***即将***迈入退休的第四个时代。

☛ **outside 在……外面**——outside of 除了……以外

Outside of structured job-training programs or apprenticeships, there's no real argument for unpaid labor.

除了有组织的在职培训或当学徒***以外***，大家对无偿劳动并无异议。

☛ **over the top 顶部之上**→肆无忌惮的，毫无节制的

Yes, Mr. Slater's conduct was ***over the top***, and he should not have cursed over the intercom, if that's what he did.

是的，斯莱特先生的行为***太肆无忌惮了***。如果他真的对着对讲机咒骂，那也太不应该了。

☛ **under the table 在桌子底下**→秘密地，不光明正大地，偷偷摸摸地

Unless of course, you got paid ***under the table***.

当然，除非你***私底下***得到报酬。

☛ **under water 处于水下**→（状态）不是很好，不佳

Twenty percent of all residential properties with mortgages are ***under water***; unemployment rates are high; and no one forecasts a quick recovery to house prices or employment.

所有的抵押贷款住宅中，有 20% ***处境不佳***；失业率很高；没有人预测房价或就业率会快速恢复。